The Mantra

watching his mind flit
on butterfly wings from thought
to next fetching thought,

never lingering
to fully sup its nectar
as attention's breeze

wafts him toward nearby
blossoms along his heedless
flight from mindfulness

… then, in a blink, his
ego gently reminds that
he has again strayed

from mantra's core task
of displacing distractions
from pure consciousness



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