

Keepers June 2017 by David Adams

Tablets of TEC

Touched

And revered.

Renewal

Of mind, heart

And spirit -

Connection!

The soul side

Of chairing

With honour

With talking

And with listening

YES!

Eating, drinking

Talking

And wandering;

Trust and truth

Embodying the essence

Of Keepers.

Don't forget

To count

The one

You start with.

The seven directions;

Beautiful

Do come up

If its your first time

And acknowledge

Each other - give

Them

What they wanted.

Sweet memories of

Mind and candle

Being present

As ever with

Important

Conversations.

Telling stories

In the theatre of life

Real make believe

And meaning

Red and blue

Hammer and screwdriver

Giving us

Too much information
Confirming what
We want to be
True
With or without
Coffee
Right now!

Judge not
Lest ye be judged.
Do consider
Other points
Of view - be
Open. Don't
Get hungry; just
Kill - mosquitos. And
Empathise. With
Charity
Leading to
Clarity.

Smile, when you bow!
Listen up
As you guys say
Listen in
To your own body
Get
Yourself
Together. Count
The cost.
So, how do I feel
About myself?
I'm just great
As ever;
My body would
Perhaps
Argue the point.

Don't forget
Eat your name tag
For dinner tonight.

Strategic solutions
For guys
Over 160 pounds
And over
Five-eight
Using Facebook
And the connections

The community in concert
Cheers for Dennis
And for Sam;
Like
And share.
Seriousness with humour
The clown in Shakespeare
Wiser than the king.

So,
What are you keeping?
What is your flame?
What other baggage
Are you carrying?
What's hidden away?
What features?
What books, read and
Unread? What's in the attic
Of your mind?
Not just windmills.
What is a good day
To say goodbye
To yesterday?

How do we express
Our gratitude to
Each other? Speak
Out or speak
Inwardly. At Christmas
And in July. What
Is the difference
You've made? What
Will you leave
Behind?
To make others
Have a better
Life? Both
Intended and
Unintended. What
Will you
Set in motion today?
Where is your
Horseshoe nail?
Will you change
Yourself?
What have you
Already
Set in motion?

What can you make
A habit?

Never forget
The influence you yield
Every day
Of your life
As a chair and
As a human.
Relish and rejoice
When
Enhancing those
Lives.

Coupled with my
Thanks to all those
In this room
Who have nurtured
And coached me
To reach the
Engagement to my
Fiancée. It's been a
Long time coming!

So
Don't leave unsaid
What needs to be
Said
To a loved one
Whether personal
Or communal;
Family or friend
To my loved ones
The flames
Of Keepers.

David Adams
June 2017.