

Slow Dance

Written by Friends' Contribution



Listen as you read: [mp3/bluevelv.mp3](#) {/audio} It really is a rush-around life we all live and there is this constant fear of being left behind as limited time and high speed become prime concerns for our living and succeeding. That's a self-destruct programme for sure, resulting in loss of peace and stillness in the process . We are hardly aware of what we are doing to ourselves..

Our dancing is so often jive when the music is waltz !

This might be of some help to you

Have you ever watched
On a

kids
merry-go-round?

Or listened to the rain

Slapping on the ground?

Ever followed a butterfly's erratic flight?

Or gazed at the sun into the fading night?

You better slow down.

Don't dance so fast.

Time is short.

The music won't last.

Do you run through each day

On the fly?

When you ask: "How are you? "

Do you hear the reply?

When the day is done

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Do you lie in your bed

With the next hundred chores

Running through your head?

You'd better slow down

Don't dance so fast.

Time is short.

The music won't last.

Ever told your child,

We'll do it tomorrow?

And in your haste,

Not see his sorrow?

Ever lost touch,

Let a good friendship die

Cause you never had time

To call and say, "hi"

You'd better slow down.

Don't dance so fast.

Time is short.

The music won't last.

When you run so fast to get somewhere

You miss half the fun of getting there.

When you worry and hurry through your day,

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It is like an unopened gift....

Thrown away.

Life is not a race.

Do take it slower

Hear the music

Before the song is over.

Life is short!

Forgive quickly!

Kiss slowly!

Love truly,

Laugh uncontrollably Reply to emails promptly(!)

 And never regret anything that made you smile!

have a GREAT Day!!!

Contributed by Fr. T. Quadros,s.j.