

A Very Empowering and Thought-provoking Poem

Slow Dance

Don't dance so fast, the time is short
The music won't last. You better slow down
.....You better slow down.

Have you ever watched kids, on a merry go round?
Or listened to the rain, slapping on the ground?
.....You better slow down.

Ever followed a butterfly's erratic flight?
Or gazed at the sun into the fading night?
.....You better slow down.

Do you run through each day on the fly?
When you ask how are you? Do you hear the reply?
.....You better slow down.

When the day is done! do you lie in your bed
With the next hundred chores, running through your head?
.....You better slow down

Ever told your child, we'll do it tomorrow?
And in your haste, not see his sorrow?
.....You better slow down.

Ever lost touch let a friendship die
Cause you never had time to call and say, "Hi"
.....You better slow down.

When you run so fast to get somewhere
You miss half the fun of getting there.
.....You better slow down.

When you worry and hurry through your day,
It is like an unopened gift thrown away.
.....You better slow down.

Life is not a race so take it slower
Hear the music before the song is over.
.....You better slow down.

Don't dance so fast. Time is short
The music won't last. You better slow down
.....You better slow down.

David L. Weatherford