

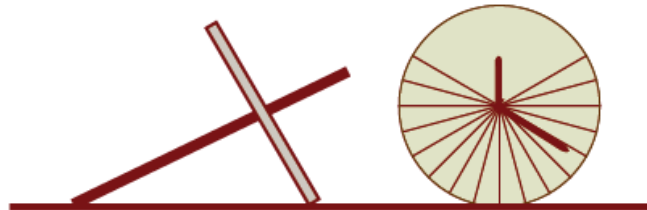
4. Over-Under

Over-under goes the sun
And makes the earthly seasons come
We live within
The rhythm that they bring

Over-under quests the soul
And in the darkness is made whole
And learns to trust
The nature of all things

Over-under: joy and pain
Each time we begin again
We learn by heart
The deeper song we sing

Over-under: sky and earth
Birth and death and then rebirth
As it ends
So it all begins



This song was inspired by the yearly passage of the sun across an equatorial sundial – a device used for measuring time that resembles a spindle. Anywhere on earth, in the summer, the time-giving shadow falls on the upper face of the disc; in the winter, the shadow falls on the disc's underside. In other words, the sun goes over-under – not only in the rhythm of the day and night, but in the cycle of the seasons. This rhythm – over-under – underlies the basis of the human experience: body, heart, and soul all travel over-under.

5. More Appealing

As soon as I see Cindy
I will feel strong and carefree
There are many shadow places in her mind
That do not need to be explored to be reconciled
And her touch is always more appealing

As soon as I see you
There will be lots to do
Eat with the earth, sleep with the earth
Breathe with the earth, love with the earth, grow in the open air *
And your touch is always more appealing

* Inspired by Walt Whitman's poem *Song of the Open Road*

