

From the desk of G R Krishna Chand Avatar

 <http://kcavatar.wordpress.com>

That which changes not

The ambience around me changes, so does my response
They whom I trust changes, so do they whom I disbelieve
The friends of today change, so do the foes of yesterday
Yet I seek that which changes not

The intensity of struggle to live changes, so does my zeal to live
The moments of happiness change, so do the states of gloom
That which pains me changes, so does that which enthuses me
That which awes me changes, so does that which repulses me
Yet I long for that which changes not

My certainty of the true changes, so does my incertitude of the false
My possessions change, so does what I desire
My moments of hope change, so does the times of despair
Yet I strive to seek that which changes not

My perceptions change, so does my conceptions
My intentions change, so does the motivations
My understanding changes, so does my worldview
My beliefs change, so does what defines me
Yet I crave that which changes not

**That which changes not is the mind rooted in equanimity
Observing dispassionately all that which changes**