Listen as you read: {audio}mp3/bluevelv.mp3 {/audio} It 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 live when the music is waltz!

This might be of some help to you

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? "

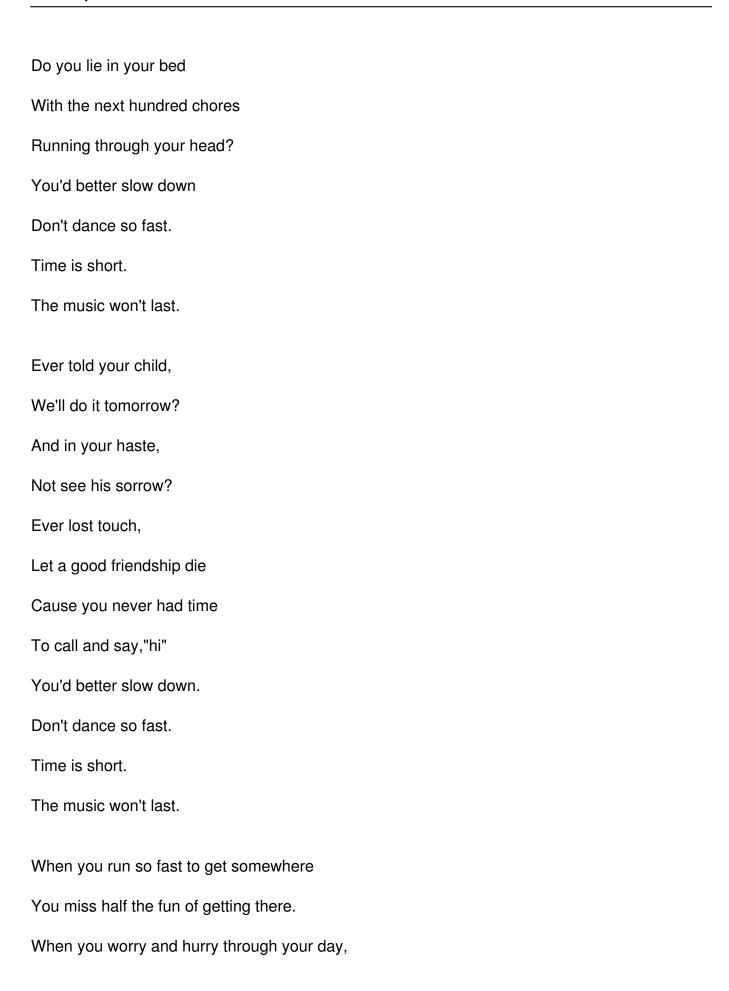
Do you hear the reply?

When the day is done

4 / 0

Have you ever watched

On a



Slow Dance

Written by Friends' Contribution

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.