Ebb and Flow

"And I've seen the way the seasons change when I just give it time."
Of Monsters and Men, Wild Horses

Jeff Bettger

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Everything that has existed continues to exist

Be it in new physical form or imperceptible energy

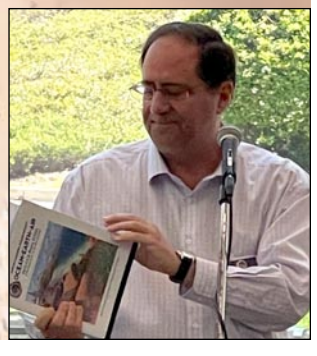
Behaving according to nature's laws, not man's

Following cycles established from the beginning of time

Look not with your eyes, listen not with your ears

Outside yourself, more exists than you can imagine

Wait quietly, sense the ebb and flow all around you



Jeff Bettger is a poet from Chula Vista, CA. Many of his ekphrastic poems are inspired by his friends' paintings. Jeff strongly believes that writing poetry can bring great joy and healing. His goal is to provide poetry writing workshops for teens and seniors. Jeff's awards and publications can be found at www.JeffBettgerPoetry.com – Jeff is also a co-host of a community themed video podcast www.SouthBayFM.com. Currently a real estate agent for 20+ years, Jeff was previously a professor of special education.