

# Flight

Whirling discus thrower  
controlled precision, spinning  
presence

concentrated energy coiled awareness  
for that one release

Watcher sees and knows  
at the moment of letting go  
this one will be good

same dynamic  
for shot putter, javelin thrower  
conscious complex actions  
body moved and thrown  
released  
to move objects through time

searching space receiving  
perfection

ancient whirling rock thrower  
rope and chain  
humming

Medieval longbow man in battle  
seeing, sensing  
bending strength with strength  
seeking an angle  
a moment to hold steady  
let go

Eagle's capture  
all that ultimately keeps us  
alive

Lovers  
in our movements

touch catch  
breath and caress

Watcher sees and knows  
at the moment of release  
this one will be good

Bill Eberle 2004, 2012

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