

Trijan Refrain

Double Time

In an society that almost demands double time,
speed and addictions numb us to our experience.
In such a society it is almost impossible to settle
into our bodies or stay connected with our hearts,
let alone connect with one another or the earth
where we live..... Jack Kornfield

- 8A Time is speeding up, so they say
6b really hard to keep up.
8a Many obstacles in our way.
6b run to fill empty cup.
8c **March double time** during the race
8c so many challenges we chase.
4D **March double time**
4D **March double time**
8c to meet our ends. Too much we face
- 8A Time is speeding up, so they say
6c to prepare for a shift
8a a new dimension underway
6c Earth will get an uplift.
8f **Must get prepared** for whatever
8f changes that effect forever.
4G **Must get prepared**
4G **Must get prepared**
8f Planet's ready to push lever.
- 8A Time is speeding up, so they say
6h reflect on way we live
8a Must choose: would we go, want to stay?
6h Hold to greed or to give.
8i **Love, light and joy** within our reach.
8i Think what we're striving for in speech.
4J **Light, love and joy**
4J **Light, love and joy**
8i are choices we choose to outreach.

Trijan Refrain:

Created by Jan Turner

1. Any number of 9-line stanzas. Three recommended.
2. Syllable Count: 8-6-8-6-8-8-4-4-8
3. Rhymed: A-b-a-b-c-c-D-D-c A-e-a-e-f-f-G-G-f A-h-a-h-i-i-J-J-i
4. Composed with a refrain within the stanza. The first four syllables of Line 5 are repeated in a refrain in line 7 and 8.
5. Line one of the first stanza is repeated as line 1 of each subsequent stanza.
6. There is a variation in which line 1 is not repeated in subsequent stanzas. In this variation the rhyme scheme is: a-b-a-b-c-c-D-D-c e-f-e-f-g-g-H-H-g i-j-i-j-k-k-L-L-k