

As Simple as Night and Day

by Dennis Payton Knight

The sun in the sky seems as simple as night and day.
Following a rotation in the Milky Way measured to the last millisecond.

And yet it is made up of gasses in a burning, complex mass,
Hundreds of times larger than the earth,
pressing inward, threatening to collapse into itself,
Save for a counterbalancing outward pressure from within,
Great enough to support its own weight.

The temperature at its core is twenty-seven million degrees Fahrenheit,
So unimaginably hot that its atoms collide in a nuclear reaction,
Generating the energy that grows and sustains all life on Earth.

And yet, Its ferocious might triggers the gentle circadian rhythms
That cause sunlight to awaken the morning glories on the vine,
And darkness to bring sleep to the cows in the meadow,
The deer in the forest, the cougar in its den,
To you, and to me.

The sun in our sky is as reliable as night and day,
But simple, it is not.