



...july 19, 2014...

images that are not mine
whisper through my waking mind
like visitors from other brains
broadcasting their inner lives -

it is as if the air's alive
in countless subtle dispatches
so any thought i chose to catch
will suddenly become my match -

on days when i am feeling down
my brain welcomes the shadows in -
catching only words that believe
nothing good belongs to me -

whenever joy rings loud and clear
delight is all that i can hear -
and happy thoughts jump to my name
radiating out and in -

and always - there's that inner truth
reminding me if i forget -
the best road to enlightenment
is to laugh - and lighten up.