Thoughts on Aging Poems for Sixfold 1/22

The Professor Retires

The books are boxed and stacked and ready for the mover. The old metal shelves that once sagged with the weight of all that worldly wisdom, are empty and wanting and waiting for the next occupant, the next generation.

You have rushed through this life, a life that has faithfully followed the straight and certain path of uncertainty, to arrive at this precise moment when you find the relevance in an otherwise irrelevant world. The indifference of it all might have once roiled your soul, but not today and probably not tomorrowdefinitely not tomorrow, which is already reserved for late mornings and false bravado and dreams of immortality.

You stand in the shadow of the door wide open and see the books, see the shelves, see the visions and the memories, clear as the glass in the only window. And then, when the room is finally filled with all you are leaving behind, you turn your back and the door closes behind you.

Eldorado

A search for gold is a search for strength (Poe understood this only too well) – the strength of a miner's lamp against the dankest darkness, of a block of timber in the deepest shaft, the strength of water rushing toward the Earth's end where all things go to die.

Unlike Poe, I have stood knee-deep in that cold merciless water, tin pan in hand, searching for the inner strength to continue the quest for that glittery illusion that makes a mockery of old age. But in the shadow of full daylight, it drains away with the water, leaving only its reflection behind.

Exercise

Every morning, without fail, I lower myself to the carpeted floor to exercise: 20 pushups, 10 sit-ups, followed by some army stretches no trendy tai chi or yoga poses, not for this aging boomer.

And every morning, as I lie on that floor gathering my breath and feeling my pulse pound (so grateful I still have a pulse), I wonder when the day will come (and it will come) when I get down and can't rise up. Will that day come with subtle foretelling signs such that each day I take just a few seconds longer? Or will I be down and have to scoot to a chair to pull myself up like a baby learning to stand? Or perhaps one day, without warning, I will simply stay on the floor, close my eyes, and go to sleep, never to rise again. That, I think, would be a good day.

Rap Song

Last night, I dreamed I wrote a rap song. Not the poem I was trying to write when the sun was high and warm and caressing my sagging shoulders like an electric blanket. But a rap song. At least I think it was a rap song. In my dream it was a rap song. But now that the dream has faded, I'm not so sure. I mean, I've never really listened to rap music. I don't have kids who listen to rap music, so where this dream came from is a question only a Freudian could answer. Here am I, a father, a grandfather, a proud product of the sixties, cursed with a defective cerebellum. A man skating on the very edge of senility, staring with wide eyes into the black hole of old age where the singers I idolized and imitated are already waiting, their voices rusted by time.

Besides, I'm not sure I would even know how to write a rap song. I mean, what could I possibly say about hitches and bows? Hitches and bows? Could they really be rapping about sewing...or tying knots? It doesn't make any sense. But then, a lot of what these young people do today makes no sense. Lord, I sound like my mother (God rest her soul).

Okay, so what the hell, let's give it a try anyway: I awoke with the words still in my head, syllables dangling like beads of lead, something about a girl in bed. I think I better write that poem instead.

Once Upon a Time

Once upon a time, not so very long ago (or so it seems), this world was all youth and innocence – or maybe it just appeared that way to the new and naïve, the sheltered elite.

It was a time when orange shag carpet on the living room floor raised compliments, not eyebrows, when mixing paisley with madras was as much a positive fashion statement as wide collars, flared jeans, and bright polyester -Tony Manero alive and well. A time when I could look down and see my... well, never mind. Who really needs to see his own belt buckle?

There was that time; there is this time; there is the passing of time. I look ahead and see the future through the telescope of experience. I tweak the lens but see only the same unknowable fog that has always been there. I see, just as in the old philosophy class joke, that the questions always remain the same; only the answers ever change.