

**RETURN SOON**

Furtive and furious  
My dream of revenge  
Stole from me my precious son  
Not by default, or dope or hex  
but by false value and false wars.  
Revenge, punishments, show the cry  
and the tumultuous masses  
followed the demagogue mastermind  
the multitude, fed by lies,  
Erroneous reports, trumped-up charges,  
All mounted the canon of irrevocable revenge  
And the planes, the bloodletter  
The blind following the elected and  
Persuaded, duped and bedazzled  
By victory and revenge followed suit -  
Counter-demonstrations world wide  
Did not dissuade the monster and  
his advisors into the seemingly innocent  
abyss of the dumbfounded misdirected small enemy.  
Irrational, emotion, anger  
assailed prevailed  
History has warned of foolish, distant  
war and this one bakes the cake.

**I Tossed A Small Pebble**

I tossed a small grayish sinking pebble  
In the benign, be stilled ocean  
Concentric circles waves growing  
Simulating my adoration for her  
Almost like mastering murmur,  
Growing, louder, sound waves, now fuming  
I visualize our amorous dance  
Lost In the ardent passion of the moment  
The centrifugal circles ever widening  
Just as the sumptuous, yet tender release of our two bodies  
While the undercurrent of a giant monster beckons No! NO !  
As a new wind picks up heightening the foam of crest waves  
Almost like a thunderous chorus  
In progressive powerful musical notes  
Louder and louder in maniacal fashion  
Until into a brass crescendo crashing, threshing  
the current separating the two lovers  
Guided by ever high menacing waves  
disastrous destruction, possession. almost drowning  
Recoil, separation, diminished the furious force  
Now cascading high waves into foamy ripples  
stretching their elongated arms, peaceful, licking the shore  
Ocean and shore, shore and ocean  
the moist sandy beach has washed two corpses ashore

## Poems from a Restless Mind

### **Oh, Spirit!**

Come, spirit, entice and dance with me  
Let me embrace, be embraced by your look  
And share your untold tales  
Of seduction, conquest and decapitation  
For in your glitzy world  
Shadows, bad omens  
And eeriness all protrude

Oh, spirits, dance with me  
A dance of hope and valor  
Electrifying, gyrating, smooth steps  
Into a lost world of secrets and conflict  
Oh yes, tease me, please me to the heights of ecstasy  
Wild cravings satisfied  
Like a splendid feast to be digested

Come, spirits, for a moment let me forget  
My compatriots, my world of undertows  
Instead, expand the world of wonder  
Mix the colors so that I may be inebriated  
Yet I have not drunk; show me the bright path  
With ease, like magic, an inner eerie world  
Of souls so magnificent and spirits to lift me up

Give me new patience to observe, comprehend  
So that Nirvana is transformed into the  
Arms of peace, contentment  
With vistas and new insights of true beauty  
Before you dispatch me back to my own reality  
Spirit, see me, hear me, protect me  
Guide me with love and insight

For I, too, love life and its values  
And, as I float upon the placid waves of wonderment  
Let me land on safe shores and be welcomed  
In spirit and in body with cool calmness, contemplative  
Wondrous, joyous, amorous  
Searching for the diamond of peace within

Poems from a Restless Mind

**There is a time**

There isn't much that one can do  
There isn't much that sounds so true  
There isn't much to lie about  
Pry or shy or cry about

But

There is much hope from despair  
There is much friendship, help and care  
There is much empathy, love and giving  
There is truth and promise for we are those still living

There is the sound of doorbell friendly face  
The TV screen turned off now time and space  
The families drive to beach  
Feasts, festivities joys all within reach

There's a time to recognize  
A soothing goal of inner peace the prize  
Accept, ease pressure  
Time to live a life of leisure

Time to win some, maybe lose  
Time to accept and time to choose  
Time to get on with what's left of life  
Time to love and laugh away all our strife

Engrossed with friends, deep love life  
Rich euphoric heart to thrive  
Balance desire reasonable ambition  
Inevitable aim for fruitful life decision

Poems from a Restless Mind

**I want to be free!**

As each day melts into the next  
With awesome speed  
I carry the weight to please

I want to be me  
I want to be free  
No more demands

Yet always something!  
Little love. Little soothing ?  
Where is the healing?

Drown in an ocean of complaints  
Errors pointed out, failures  
A heavy chain of guilt and helplessness

Resurgence! I say No more!  
No more recriminations  
Away with failure syndrome

Finish! Draw the curtain!  
Break the chain.  
One of us has to go!

Sure I'll miss her  
Will the agony end?  
Seek new solid bonds

Yes I will