

Shedding

I lost a million cells today,
And that was just my skin;
But who can count the number,
That I also lost within;
Yet something of a miracle,
Happened at my core;
Replacing what was dead and gone,
I grew a million more;

And like a snake that sheds its skin,
Or trees that lose their bark;
My soul made space for growth within -
The light displacing dark;
Leaves descend, antlers are shed,
And birds - they lose their feathers;
Animals doff their summer coats,
And prepare for colder weather;
And in the Spring, there grows new things -
Brighter, vibrant, stronger;
Things once dead now raise their head,
To the light of days much longer;

And we are fools avoiding pain,
If we choose to believe,
That we can grow without the ache,
Of animal and leaf;
That we can live without the death,
That all of Nature knows;
That seasons do not come our way;
That souls don't also grow;

And the shedding is begetting,
A new and fuller form;
Like the splendor of new garments,
Replacing rags once worn;
And the past has served its purpose;
And the present now unfolds,
The ever-growing mind and heart -
The body and the soul.

On The Other Side

Lost in a mass of mud and mooing,
I found myself in a field -
Though field implies living vegetation,
And this was only trodden-down earth -
Residual clods and pebbles,
Trampled underfoot in bovine melees,
In a mad dash for feedlot faith,
And spiritual slop.

Yet just beyond the paddocks and pens,
Lay endless fields of green -
Rich in vital nutrients,
Fed by streams of living water,
And animated by the Spirit of Life itself.
And I stood as one outside the herd,
No longer cattle to be confined,
Within the corrals of religious creeds,
Or suckled at the teats of patronizing patriarchs;
But a free human agent -
Summoned by the Spirit,
Hurdling the high walls of hierarchical hindrances,
And running joyfully into the fields of freedom.
Because the grass really is greener on the other side.

The Carpenter's Daughter

$5/16 + 5/8$;

I learned to add by tape measure;

Learned to count the inches,

Learned fractions of a whole;

$5/16 + 5/8$;

I learned the narrow margin or error;

Learned to make things square,

Learned to make things plumb;

$5/16 + 5/8$;

I learned how to work the angles;

Learned to switch the settings,

Learned to cut corners;

$5/16 + 5/8$;

I learned to toe nail the cripples;

Learned to hang the joists,

Learned how to jam the guard;

$5/16 + 5/8$;

I learned that a house can collapse;

Learned the Fall of the House of Usher,

Learned Adam's fatal flaw;

$5/16 + 5/8$;

I learned the cost of perfection;

I learned the cost of mistakes;

Learned the beauty of being made whole;

I learned the love of the One.

Something flows within the blood,
No human eye can see;
Beyond the cells and DNA,
There lies a mystery;
Fingerprints of the sublime,
A lineage of the divine,
A soul, a spirit, and a mind,
And how we came to be;

Capillaries burst apart,
Revealing wounds of old,
That wore through thread-bare sheathing,
And left the body cold;
No color left upon the skin,
No pulse that registers within;
Retreating blood that seeks to hide,
A million tales untold;

Through my arteries and veins,
The generations flow;
The blessings and the curses,
That only God may know;
The sins in my paternity,
The love in my maternity,
Intangible, yet felt within,
Forever ebb and flow.

The Red Balloon

You came in the form of a red balloon,
Floating through the tree tops,
Dipping to kiss the fields of wildflowers,
Silently joining the birds in song;
You flew through the night,
And landed with the morning dew,
In my backyard;

You waited for me to notice you -
Unassuming, patient, loving;
You wanted to surprise me with joy,
To fill my world with color,
To inspire me to run like a child,
Through the door of my heart,
Into the crisp morning air,
To scoop you into my arms,
Happily tie your string around my wrist,
And step into the freedom of the day;
How could something I thought was so inanimate,
Be suddenly, and unalterably, so alive within!