

I am So Relaxed

Drolleen, May 2006

Mother's day thanks to Nava Rabiner Sivron

I am so relaxed now
Comfortably lying on the grass
Suckling oxygen
Nestling in a camouflage of shadows
Amongst the maples and the willows
Unfocused blinking eyes
Following the hews
The shades
The colors:
Gray, goldenrod and yellow ocher
Aquamarine, and lime and emerald green
Materializing
From the black and white of grassy meadow —
That void that was my soul and had no meaning

You painted with a loving hand that never wavered
That's why my refurbished temple can now function

I am so relaxed now
The stars — the worlds —
Are glittering, glimmering, and shimmering
Yes, they are twinkling and winking:
So many worlds! So many opportunities!
I was so fortunate
Your secret of tranquility unveiled
Yes, that was how you managed
To transcended space with your mind

How you are still transcending time
With your mind

I am so relaxed now
The crazy laughter, barking like a dog
Mewing like a cat, bleating like a sheep

Tipsy dancing in the streets, and singing
It's me! I do all these!
Child like, unabashed, forever vibrant and sweaty
Nobody notices but me
How you have choreographed
So many things around you

Menagerie annealed
As if the stress was never there

I am so relaxed now
The happy chuckle of a woman
Smiling to herself
Instant messaging in the coffee shop
And then, her look of worry
My heart survives because of daily workout
Reverberating

Your smiles and cries were expert personal trainers
Your healing love that always worked for others —
But not for you.

I am so relaxed now
To the extent
That when our lovely child
is telling me:
"You *are* still mourning her untimely passing
You *are* still feeling
all that pain of loss to cancer"

That's when I know that many years
Of splendid training, are ahead of us — At last!
I am an eager guy —
But you have taught me patience