

Humanities are Everywhere!

A persistent conundrum, a niggling thought
an idea in your mind that seems to be caught.

Facticity, destiny, freedom & fate,
these are some things that we all contemplate.

Is life worth living? What makes us unique?

There are so many answers we constantly seek.

Why am I here, and what should I do?

What makes this life special, for me and for you?

What gives our lives merit, scope, and worth?

Here on this planet that we call earth?

Our lives are a question of deepest measure.
and every breath is a precious treasure.

That's why it's important to stop for a minute,
and savor this moment - while you are in it.

There will always be things we don't understand,
or paths we take, that don't go as planned.

It's okay to breathe, to pause, and consider.

To stop for a moment - doesn't make you a quitter.

Put a 'pin' in conundrums, and then circle-back.

Try clearing your mind by changing the track.

Center yourself. It's a good place to start.

Let go of your worries. Hold onto your heart.

You can always return to things that confound you,
but focus right now on the life that surrounds you.

Create a clean slate for a different task.

Give yourself a new question, and then, just ask:

“What are some things that speak to my heart?

with beauty and truth, they try to impart.”

These things can be big. These things can be small.

Just what are those things, that matter at all?

So ask this question, then think for a while.

Have a plateful of grateful & practice your smile.

When you inhale ‘thanks’, it often renews.

It changes your course and sharpens your views.

I’m going, to begin with, a “thankful” list,

then you jump-in with the things I missed.

And as you read, you can stop or start.

Just soak it all in and enjoy every part.

“What are some things **that speak to my heart?**

With beauty and truth, and twinkle and spark?”

A slice of warm sunshine that pierces the room,
and rescues my soul from Winter’s dark gloom.

A past that smiles back from old photos and letters
and the warm, wooly, softness of broken-in sweaters.

The intricate song that a Woodlark sings,
and the elegant grace as it takes to its wings.

A piece of clay pottery crafted by hand,
the ‘Wabi Sabi’...completely unplanned.

An acoustic guitar that solos *perfection*...
each musical note, like a candied confection.

The explosion of flowers, detonated by spring
and the way a good song, makes me think I can sing.

When silence becomes a deafening thunder
as I lay wide-awake, in starry wonder.

A painting of beauty and deep rumination,
As the artist conveys a heart conversation.

When I listen to wisdom instead of regret.

And patience becomes a taut safety net.

A photograph taken that captures the truth
of timeless age or innocent youth.

A swirling symphony of autumn leaves,
like colored confetti that rides on the breeze.

The smell of a book as I turn the pages,
and a well-written story that just never ages.

The cacophony of rain on a metal roof.

The invisible circle of a dandelion's "poof".

A stained-glass window that fractures light,
with mosaic brilliance of colors bright.

The spark in the eyes of an animal treasured.

The love-light there cannot be measured.

Being unique at any cost...

because those who are different will never be lost.

A writer that pens a truth with conviction,

but also allows for another's position.

Operatic crescendos that raise my hair,
as the musical peak ascends into air.

Time-faded stubs from concerts and plays,
and the sweet recalling of precious past days.

Meeting and passing mundane expectations.

The first restful sleep, coming home from vacations.

The crash of the ocean and a seagull's cry.

The lure of adventure as a train whistles by.

The sound of a fountain, like giggling rain,
splashing past sadness and washing through pain.

An idea that will not fade away,

but tickles your thinking, night and day.

When a grateful heart overflows its bounds,
and tears cascade, and joy confounds...

When I bask in the warmth of all that's fair,

I see Humanities everywhere!