

## Shocked and Stopped Inspiring Truth

by Milton Stillwater

Stopping this in some way  
 We were wound up into the nets  
 of objects not of our choosing.  
 Changing these things  
 we can become a real study in evolution.  
 Is there a turtle found lumbering  
 lazily among our means?  
 Opening we may reverse ourselves.  
 Searching not for an object but where  
 our sense of contact has its origin.  
 This place bound with freedom,  
 feeling, libido, free will and one consciousness.  
 What are the origins of our freedom?  
 What are the origins of our seed?  
 This is a difficulty for dragon lore  
 Wanting bells that refer only to  
 Dragon's hoard.  
 Realizing unconscious pleasures or  
 realizing unconscious pressures?  
 As the reader can see in truth's continuity  
 Pressures excruciating!  
 Donald! Donald! Donald! Donald!  
 So sensitive we were afraid  
 Oh God what have we done?

## Serenity

by Sam Al-Jondi

If I could be  
 What life demands of me  
 If I could see you  
 The way you see me  
 Do you think that would lead us to be happy?  
 On a cold day  
 Please show me the way  
 Don't learn to hate  
 But with good thoughts have yourself

## The Meal I Want to Cook Right Now

by Aileen McPherson

A special meal just for us  
 our tiny family, Husband & Wife  
 with two fur babies, Cat & Dog.  
 A meal of health, happiness & healing.  
 An old favorite made fresh with  
 Love and care.  
 Swedish Meatballs  
 Made with fresh mushrooms, garlic, ground beef,  
 ground sausage, wonderful rice noodles  
 and a delicious creamy white sauce served hot and delicious.  
 The new comfort food.

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