

Smile

Spin on a dancing atom
Dare to split reality

Cut between / slash trash dash all perceptions you might have \ here and now

Be a superhero
Just by reaching out
By
Looking into sullen eyes
Tipping a hat
Moving along
Helping someone

To...
smile
As in
once upon a time

I was walking in Harlem, in desperate need
not knowing the dangers upon my soul

She swooped down from nowhere.
Well she was really merely passing by...
Another unknown spirit reached out
She touched out in saying: "Smile Damn-It Smile"
Then she continued to pass on by

Leaving me so shocked as to open my smile

Time passes time
Never saw her again
Yet in time,
forever she is with me
forever sharing a smile
She saved a life
with a brash 5 New York seconds
in "Smile Damn-It Smile"

To be a superhero all it takes is...

Reaching out... finding we are all: < together >
No matter how far ---- apart ---- we seem
At some point it is always possible
to -->touch|hcuot<-- ot
to --> help|pleh <-- ot
If you are only willing to try...
All it takes is...

A most simple enlightenment
...enlivened by a smile...

===== Thoughts =====

Being alive is the very definition of having possibility.

A smile is acceptance, a joining with something larger than oneself. It's recognition (*often an initiation*) of intention to explore an opportunity.

A frown is rejection, a lessening of self by removing available options.

===== Paths =====

A smile is an intersection between a hidden inner self and the larger world.

The connection works both ways: reaching out to help another with a smile can reflect back in a balancing, uplifting manner. For this reason, when most depressed I will often make someone else smile.

Why a poem?

There is no why while weaving words
to make another person smile.

At times, we all need a random smile. :)

Pack this away, let life meander
Discovering at the strangest darkest times:

It's not about changing the world
It's just about being alive
recognized in a
smile
:)

===== Exercise =====

The act of smiling is a very powerful exercise in itself. In Qigong yoga an integral part of the practice is to smile.



1) Of course at times, at times it pays better to be grumpy.