



Destiny

PoetryBook #6

William George Paul

8-22

Prelude

Poetry is like creating a puzzle and solving it at the same time.

Being in a manic episode is like changing TV streams super-fast,
while shouting-out the commercials.

Rock Bottom: when you realize that only a miracle can save you.

Destiny

c o n t e n t s

prelude

the lost inside

down and up again

a million buzzing bulls

rounding third

Oh! Permacultura

mothers painting children

the permaculture allegiance

postlude

the lost inside

Let it go

Sadness isn't a fuel

Not an Edge

Not a resume

Sadness is the love lost fool

Who chooses to live sad

Who can't let things go

Won't you ride with the agonies?

Feel my pain?

Sadness is aloneness

Screaming softly under my bed

Let it go

Forget the material stuff

Loose the old memories

Loose the lost inside

Out sadness. Choose now.

Down and Up Again

Humping the past but all you get is ground
Stuck in the present – loving something each day
The future has pills in the way

But now is the campaigner
The choice to be
A combination of sad feelings and high hopes
See?

Love yourself first
Be sunlight
Safe on the currency kite

A million buzzing bulls

Invade a million little screens

The tech rodeo stars

Have us chomping the bytes

A million tiny clowns in tiny wooden barrels

Free us with temporary glee

Until the next bull struts thru the gate

And into the ring

A sword in his heart

In a window of blood

rounding third

Purpose is...

a target; an aim; a goal but

expectations are drowning out intentions

pride is messing with reality

ego is king

wallowing with the memories

swaying with life's work:

poetry plus images, forever

I come from California
With my diviner rod on my knee,
I'm going to Louisiana
A food forest for to see,
It rained all night the day I left,
Climate is a changing

The sun so hot I froze to death;
Permacultura, don't you cry.

Oh! Permacultura, don't you cry for me,
I've come from California, with my diviner rod on my knee.

I sent off my telegram,
And traveled with the tides,
the sun rays magnified,
And killed five hundred lies.
I really thought I'd die;
I shut my eyes to hold my breath,
Permacultura, don't you cry.

Oh! Permacultura, don't you cry for me,
I've come from California, with my diviner rod on my knee.

I had a dream the other night
When everything was still;
I thought I saw Permacultura,
coming down the hill.

The buckwheat cake was in her mouth,
A tear was in her eye,
I'm coming from the West,
Oh! Permacultura, don't you cry for me,
I've come from California, with my diviner rod on my knee.

Oh Susanna - By Stephen Foster

Adaptation by William Paul

Mothers Painting Children

Summer Salts

Bacon Fat

Red Ruby Lips

Straw floppy hats

Wars the extreme

Love meanderings

Mothers painting children

Candle leavenings

Rocky Shores

Whale snores

Tidal pool moons

Our water-born lore

Permaculture Allegiance

A shout-out to the compost and landscapes of Permaculture, to the folks who propagate them; one people with the Great Spirit, indivisible, with sustainability and green justice for all.

postlude Self-love

Self-love is a state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth. Self-love means having a high regard for your own well-being and happiness. Self-love means taking care of your own needs and not sacrificing your well-being to please others. Self-love means not settling for less than you deserve.

What does self-love mean to you?

For starters, it can mean:

- Talking to and about yourself with love
- Prioritizing yourself
- Giving yourself a break from self-judgement
- Trusting yourself
- Being true to yourself
- Being nice to yourself
- Setting healthy boundaries
- Forgiving yourself when you aren't being true or nice to yourself

For many people, self-love is another way to say self-care. To practice self-care, we often need to go back to the basics and

- Listen to our bodies
- Take breaks from work and move/stretch.
- Put the phone down and connect to yourself or others, or do something creative.
- Eating healthily, but sometimes indulge in your favorite foods.

<https://www.bbrfoundation.org/blog/self-love-and-what-it-means>