

# **Seeds**

By Jason Coughlin

Spring 2005-spring 2006

i feel alive when your nails  
claw my flesh

the birds are singing outside  
and inside, so am I

Sunday, march 20

the soft rain your hair  
the misty fog your breath  
you are everywhere

Monday, march 21

warm sun on my face  
mud under my feet  
can't wait 'til everything's green

Tuesday, march 22

soggy paws

dribbling wagging tail and  
tongue

no wonder they call you Bella

Wednesday, march 23

marketplace shuffle

overhead lights reflect in the  
skins, smells and colors

so different from the white  
slush outside

Thursday, march 24

day into night into day

i melt in your arms like the  
snow

as the sun and moon chase  
each other behind the clouded  
sky

Friday, march 25

nothing to write

all in a rush

just checking in before the  
starlight fades

Saturday, march 26

bliss

a word I've missed

until today

suddenly, afraid it's going to be  
taken away

Sunday, march 27

rain, rain.....

more rain

splashing profiles, more rain

Monday, march 28

falling orange sun

i hear the pat, pat, pat of my  
feet

as I run along the shoreline

Tuesday, march 29

living inside another  
humming, wondering  
if we shall live apart

Wednesday, march 30

to crush this little flower  
as still as this breezeless day  
is what i want

Thursday, march 31

the picket fence is new

the apple trees are gone, but  
not his spirit

so we laugh on the step 'til the  
day winds down

Friday, april 1

painting inner walls

I listen to tales of far off shores

nightfall

Saturday, april 2

transparent bloody manhood  
was my nightmare

dull behind my eyes

aching head, cannot rest

Sunday, april 3

purple orange clouds say

“just relax”

Monday, april 4

green green grass

full of life, big and small

yellow sun smiling down

Tuesday, april 5

water is wet, smiles are free

splashing is fun

what a great place to be

Wednesday, april 6

like gnats

these silly humans' thoughts  
fly around

on the windy hill

Thursday, april 7

pine tree glowing with life  
buds bursting with pollen  
cat craps on the grass

Friday, april 8

lazy day sunshine

quiet bliss, sleepy

feels like forever

Saturday, april 9

lady bug crawls across my  
chest

jet plane roars overhead

i found my place on this earth

Sunday, april 10

two tongues twined together  
two hearts holding each other  
as though since yesterday

Monday, april 11

I found a path into the forest

deer with long shadows  
chewing

watch me with curiosity

Tuesday, april 12

i rediscovered a sensitive spot  
tense, but it's alright  
the air is cool and dry today

Wednesday, april 13

hundreds of shiny vehicles  
woosh outside the big window

inside

i am still

Thursday, april 14

laundry maiden  
skin white as sheets  
plum sweet, tiny feet

Friday, april 15

playing with my fire that burns  
too hot, I see darkness

resting

all becomes clearer

Saturday, april 16

old man buddha sage  
standing in the shade  
always been there, with a smile

Sunday, april 17

lost, but only for a moment  
how precious you are to me  
under half moon blue night  
sky

Monday, april 16

fallen tree

by clear cool stream

my new sacred place

Tuesday, april 19

hot spring night

tree blossoms line main street

their fragrance fills the avenue

Wednesday, april 20

two robins jumping  
through a hole in the fence  
looks like fun

Thursday, april 21

floating moth outside  
the window darkness  
me inside, mixed up feelings

Friday, april 15

little girl in pink rain coat

running wobbly

a moment later, crying in  
daddy's arms

Saturday, april 23

leafless tree outline  
on grey twilight sky  
as if drawn on paper

Sunday, april 24

as I turned...  
silently a beaver slipped  
into the clear stream

Monday, april 25

toiling in a hole  
laughing at our mistakes  
gets us through the day

Tuesday, april 26

relaxing moment, birds singing

cars roaring, almost asleep

nothing needs to be done

Wednesday, april 27

coming outside  
as if for the first time  
big river through the budding  
trees

Thursday, april 28

old tribal music

still alive

drums beating through the  
night

Friday, april 29

sopping geese eating soggy  
grass

prune like fingertips

writing this down

Saturday, april 30

an expanse of grey overhead

cold to the bones

waiting

Sunday, may 1

women riding horses  
behind white fences  
musclemen standing with lust  
burning eyes

Monday, may 2

late evening hustle  
silence and creativity  
dance together 'til sleep

Tuesday, may 3

late afternoon rendezvous

patience, new flowers

running up the stairs

Wednesday, may 4

blue sky

green trees and grass

frame the wide dirt path I float  
down

Thursday, may 5

cold drizzle

exhaustion numbs me

hush, asleep

Friday, may 6

artistic expectations

never fulfilled

always work to be done

Saturday, may 7

sleeping old man  
finds peace anywhere  
so much to learn

Sunday, may 8

blue jay glides through the  
trees

first morning glories

fight the grass

Monday, may 9

vapor trails

water filling a street drain

lands end

Tuesday, may 10

the green tree bows

Wednesday, may 11

just a day  
like any other  
cool quiet sunset

Thursday, may 12

i am a flower  
glowing with open petals  
a drama amongst the birds

Friday, may 13

spirit distress call

wound reopened

i will try to heal again

Saturday, may 14

crowd clothed in black  
imperfect aching life  
anger, sadness released

Sunday, may 15

ass hairs  
on the office toilet seat  
been there?

Monday, may 16

a mass of floating dandelion  
seeds

relaxation overcomes me

on my way home

Tuesday, may 17

solitary meal  
in the shade  
i am a moment

Wednesday, may 18

along a scrub pine forest  
ant colony seeks me out  
no one rules the world

Thursday, may 19

changing perceptions  
so cold I can see my breath  
it's in the eyes

Friday, may 20

lying on the sofa  
sharing, caring  
the sound of rain

Saturday, may 21

mountain call

old friend, new life

same voice, timbre, tone

Sunday, may 22

beauty reflected  
centering mind  
better to do nothing

Monday, may 23

inchworm hangs by its thread

carried by the wind

faith in its departure

Tuesday, may 24

gusts of wind bring rain

awakening ghosts

thrashing, warning

Wednesday, may 25

two day fast

grey sky challenges me

i prefer to sit and watch

Thursday, may 26

collapsing conversation

I forgive my anger

and anticipate your arrival

Friday, may 27

day long toil  
fatigue, infinite hunger  
to grasp life's eternity

Saturday, may 28

neighbor tending flowers  
we talk about the weather  
blackbird dives at my head

Sunday, may 29

mute paralyzed spirit  
smiles at me, groans  
then tries to move

Monday, may 30

a symphony of insects munch  
foliage

while eye watches

workers return from lunch

Tuesday, may 31

saited appetite  
sunset companion  
the radio on

Wednesday, june 1

fat rabbits searching  
for sweet grass  
doves in an afternoon mating  
dance

Thursday, june 2

bare skin  
simply pleasing  
i long for you

Friday, june 3

friendly sport  
in the spring sun  
muscles flex and stretch

Saturday, June 4

spirit visit  
painted bird  
serpent skin

Sunday, june 5

tired of tasting the anger

i've swallowed

brief early evening shower

Monday, june 6

oh, to soar above the trees

like the osprey

or glide like the pheasant

Tuesday, june 7

i remember being so distressed

i wanted to drown

at the bottom of the sea

Wednesday, june 8

wonderful day  
evening even better  
no words can describe

Thursday, june 9

flawed beings  
banished demon  
morning fog

Friday, june 10

pure tears from the soul

like a kiss of rain

thank you

Saturday, june 11

the joy of music  
drums and strings  
heart and soul

Sunday, june 12

drifting morphing cloud puffs

warm breeze

massaging the tree tops

Monday, june 13

dragon fly hovers above the  
stream

rain clouds pass overhead

without a drop

Tuesday, june 14

mortal conscience

heart of stone

Wednesday, june 15

two teenage girls stop  
to let me pass  
in the park

Thursday, june 16

aware in my dream  
struggling to get out  
weary grateful dawn

Friday, june 17

creative energy  
concentrated in a place  
feeding on it

Saturday, June 18

i remember when  
you called me pal  
as equals it seemed

Sunday, june 19

aware of everyone's sadness

together we cry

together we laugh

Monday, june 20

swans coming in  
with the sunset tide  
earth spinning still

Tuesday, june 21

black meditation bird hovers  
overhead

held in the humid air

watching

Wednesday, june 22

liquid shifting shadows of  
foliage flowing on the earth

As I sit by the lake

Thursday, june 23

so active I did not write today  
carried away  
by life's necessities

Friday, June 24

i opened the attic trap door  
raccoon eyes  
reflect in the flashlight beam

Saturday, june 25

uncertain future  
as I swim backstroke  
nothing but blue sky

Sunday, june 26

humid daylong mist  
isolated moment of peace  
in my mind

Monday, june 27

old familiar place by the pond  
covered in green, wet from rain  
mother, daughter and geese  
glide by

Tuesday, june 28

harbor clouds and seagulls  
ride the strong wind

tide surging in

litter dots the sand

Wednesday, june 29

sad dreary day

drudgery comes to an end

music awakens the senses

Thursday, june 30

waiting for a train  
in oppressive heat  
flurry of people arrive and  
depart

Friday, july 1

limitless energy  
sun like radiance  
flowing through me

Saturday, July 2

inside Dali's dream

guitar in hand

friend of poet and drummer

Sunday, july 3

falling dominoes of good things

leisurely sun

getting attention

Monday, july 4

forgotten songs  
unearthed  
dusted off, reborn

Tuesday, july 5

green waters surround me  
infinite space above  
ears numb united with god

Wednesday, july 6

music on a blanket  
insides stretched out  
on the great lawn

Thursday, july 7

i got the groove  
trapped inside  
from the rain

Friday, july 8

like an egg under running  
water

clean

un-born

Saturday, july 9

lion dancers and dragonheads  
giant ancient drums  
closer to reconciled, new smile

Sunday, july 10

old wizedned fish

tough bite

sweltering stifling heat

Monday, july 11

junkyard and jungle  
dragonfly inspects us  
from above the stagnate pool

Tuesday, july 12

flattered by her words on the  
page

clouds open up

give rain

Wednesday, july 13

new born baby

infinite poetics

one life

Thursday, july 14

airplane passes the moon  
as I tread clear waters  
ruminating life and reality

Friday, July 15

i feel the sun  
through thick clouds  
inducing me to sleep

Saturday, july 16

thickened air drenches my  
clothing

anxious insecure

worried tense

Sunday, july 17

cumulous darkened silhouette  
drifts miles high

backlit by a thin cirrus cloud  
of white

sun unseen

Monday, july 18

incessant memories

humid tension not yet  
overcome

why can't I sit still?

Tuesday, July 19

musical traffic light again  
unbearable heat and sun  
eager for a bit of shade

Wednesday, July 20

determined osprey  
carries its fish nest bound  
above the highway traffic

Thursday, July 21

denim skateboarder glides  
effortlessly  
across the highway overpass  
in midday sun

Friday, July 22

flock of geese fly away  
through the morning valley  
big city in the distance

Saturday, July 23

sleepless morning  
loud teens in the pool  
thoughts take form

Sunday, July 24

drawing faces in my  
sketchbook

i see my reflection

in the store window

Monday, july 25

charting new territory  
on a road which may lead to  
love  
or somewhere else

Tuesday, July 26

five hour journey through  
island fog

indifferent surroundings and  
scenery

but the pain remains

Wednesday, July 27

pairs of white moths  
fly in gyroscopic orbits  
above the tall grass

Thursday, July 28

big sky dragon fly  
orange shirt kids play in the  
park  
as I walk by

Friday, july 29

i'm in constant motion  
thoughts scattered in piles  
sifting repetitious projections

Saturday, july 30

wandering ant explores the  
picnic seat

sundown

crickets hum in the surround

Sunday, july 31

courage

bounding through mosquito  
woods

to place stakes in the ground

Monday, august 1

poet scholar I've yet to meet  
meanings of my life  
tears flow in my meditations

Tuesday, august 2

heated poised

reaching over barbed wire  
fence

refreshing cool standpipe

Wednesday, august 3

i imagine her infidelity  
painful numb  
thoughtless panic spirals

Thursday, august 4

under willow tree by rocky  
berm

cool breeze is drawn

from the harbor expanse

Friday, august 5

family and friends visit  
to share visions and verse of  
my life  
in this perfect sun

Saturday, august 6

ancient poetic voices  
speak inside this ancient home  
where my mother remarried

Sunday, august 7

broken down vessel  
energy exhaustion  
but life goes on

Monday, august 8

unwelcome inadequate painful  
heart

quilt patterned emotions

revelation

Tuesday, august 9

bumble bee pulls itself up the  
clover bud

and heat

air thick as mud

Wednesday, august 10

from the porch  
i watch bugs swarm  
the hazed streetlight's glow

Thursday, august 11

migrants clog the curbs  
seeking dreams

deluded volunteer slaves

bake in morning sun

Friday, august 13

seashore marriage ceremony  
with japanese fan i try to block  
the blazing rays

Saturday, august 13

my body is one giant ache  
heaven's thunder claps  
tired thin woman pushes her  
cart

Sunday, august 14

jealous whispers  
fall around my shoulders  
with this misty rain

Monday, august 15

honor and respect  
for each other

Tuesday, august 16

old habits resurface

heat wave breaks

bringing hope

Wednesday, august 17

sitar song stars  
tabla heart beats  
grins and peace

Thursday, august 18

mountain air magic

heraldry haven

quiet night alone

Friday, august 19

roses float downstream

a symbol of loss

expression of sorrow

Saturday, august 20

sunrise stream  
greetings from god  
natural calm within and  
without

Sunday, august 21

loving seashore mother  
rests her sleepy baby son  
on her shoulder

Monday, august 22

bedtime poem  
romance ending  
crickets sing of the past

Tuesday, august 23

humanity all around me

ceaseless activity

extending past the curve of the  
horizon

Wednesday, august 24

rusty chain link fence  
stands in the forest ravine  
sunrays slash through the  
trees

Thursday, august 25

goodbye my ex-lover

items exchanged

last hug in the doorway

Friday, august 26

as the soft underbellies of  
purple sunrise clouds turn  
orange yellow then white

distant flocks fly by  
intermittently

the boisterous squirrel  
chatters at me

Saturday, august 27

hill top pines stand watch over  
the intersection

searching for silence

i fail

Sunday, august 28

church courtyard garden

i've passed many times

today i sit and enjoy it

Monday, august 29

i try to block out  
the sadness and fear  
with this blanket of clouds

Tuesday, august 30

dead man's family mourns

i try to forget

lost lobby wanderer

Wednesday, august 31

i walk the streets unsure  
impoverished and empty  
the sun retires early

Thursday, September 1

dharmabum's daughter  
racing through the universe  
big fish feast in starlit waters

Friday, September 2

blank midnight stare  
in front of the easel  
lifetime riddle

Saturday, September 3

from celestial altar

fishermen's outlines on rocky  
shore

summer waves, sailboat songs

Sunday, September 4

invisible lonesome sun

though amongst the beach  
crowd

Monday, September 5

defiant pesky yellow jacket

you stung my heart!

water soaked house  
camouflaged cat

Tuesday, September 6

emotional shaman  
sits, talks with me  
on dry brown grass

Wednesday, September 7

reconciliation in the market

best wishes to everyone

though dim humid night

Thursday, September 8

butterflies when I see her  
“hello” she says as we pass  
leaves on the curb

Friday, September 9

brooklyn stoop doodles in my  
book

hard quiet faces

bodies just decoration

Saturday, September 10

street lights shine  
on elegant hindu woman  
clearing the restaurant table

Sunday, September 11

intangible essence of power?

brother's birthday wish

unspoken secret

Monday, September 12

two week draught

dry bare ground

i wait for rain

Tuesday, September 13

lost grasshopper  
no grass to hop  
it relishes the lettuce i give

Wednesday, September 14

tiny bird walking  
on high antennae wire  
what can it see?

Thursday, September 15

sailboat bob's across the bay

seagulls cover the beach

as if planted in rows

Friday, September 16

her voice comes  
the olive curtain spotlight  
glows  
thunderous clapping  
warm wooden guitar tone

Saturday, September 17

mother's birthday celebration

long walk through the zoo

the moon is as full as my belly

Sunday, September 18

bare feet slipping on stones  
as i enter  
deep dark waters

Monday, September 19

lines made with my brush  
carving a body  
out of air

Tuesday, September 20

morning squirrel

on its way

bright moon greets the sunrise

Wednesday, September 21

black bard rides through the  
night

guitar on his back

song in his heart

Thursday, September 22

cawing seagulls hover in the  
mouth of the river

watching schools of silver  
minnows

swallowed by hungry blues

Friday, September 23

bed ridden step father  
mother frets and worries  
autumn has arrived indeed

Saturday, September 24

the church's stone walls  
comfort me

street noise annoys

slugs pique curiosity

Sunday, September 25

lucid dream  
two mornings in one day

my arms are my legs

mask on the pillow

Monday, September 26

round table of artists  
philosophers offer  
a bowl of tongues

Tuesday, September 27

kingdom's frightened court  
clutching their jewels

Wednesday, September 28

regaining control of my life

i close my eyes

and fall asleep

Thursday, September 29

one thing on my mind  
ready for combat  
the soldier secures his armor

Friday, September 30

smiling faces reflect  
in the bonfire's flames  
we are all cousins

Saturday, October 1

returning to the womb

entropy unfolds

life encompassing

Sunday, October 2

new born moon child  
enters life free from guilt

Monday, October 3

feet growing roots underneath  
me

imbedded in the ground

flowers growing

Tuesday, October 4

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Wednesday, October 5

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Thursday, October 6

tough love

Friday, October 7

rain drips  
down the window  
grey sky past is gone

Saturday, October 8

first brick of the new house

autumn death

brings new life

Sunday, October 9

rain resumes

leaves return to earth

heart aches for air

Monday, October 10

one card

rain drop

Tuesday, October 11

blue line carves  
my emotions on this paper  
rain falls down

Wednesday, October 12

inner light shines  
through the clouds  
inside together

Thursday, October 13

silent mist

trance

trees slowly sway

Friday, October 14

sunshine smiles down  
dries the tears

Saturday, October 15

swift air pulls  
the new season  
into its place

Sunday, October 16

eternal sadness  
flies from the flock  
two blue umbrellas under full  
moon

Monday, October 17

return to the garden  
welcomed by all creatures  
myself

Tuesday, October 18

warm sunshine brilliance

subdued by voices

Wednesday, October 19

black crow calls out from the  
boughs

departs

as darkness approaches

Thursday, October 20

water is life

life is work

(ngambye proverb)  
Friday, October 21

asleep though it rains

life continues

where might she be?

Saturday, October 22

wind pulls down  
branches and leaves  
stars hold everything else up

Sunday, October 23

events of today shape  
tomorrow

rain and wind

family sorrow

Monday, October 24

head into the wind  
feet crashing puddles  
covered in leaves

Tuesday, October 25

fresh air

invigorates the limbs

sun warms the heart

Wednesday, October 26

tandem seagulls fly away  
sky divided in two  
by cream clouds and orange

Thursday, October 27

in young forest  
red-white ribbons flutter  
in autumn breeze

Friday, October 28

sprinkle of rain  
halts the days work  
for a moment

Saturday, October 29

sun returns allowing labor

thoughts to deeds

free from pain

Sunday, October 30

dark spirit's night to reign  
i sing, my voice is clear  
laughing masks a shooting star

Monday, October 31

cumbersome duty?

there is nothing to fight

snake, bat

Tuesday, November 1

defiance/submission

smoke

despondent forward motion

Wednesday, November 2

black cloud over me

though sun shines  
warm autumn wind

Thursday, November 3

lake shore rats

race through crunchy colored  
leaves

right into me

Friday, November 4

midnight vapor

table scratch

family fits in my skull

Saturday, November 5

silent prayer

morning vegetable market

fog lifts as leaves swirl

Sunday, November 6

sliding stones

outcropping of leafless trees

a good place for a well

Monday, November 7

working man kneels

hammer strikes echo  
sunset at his back, face in  
shadow

Tuesday, November 8

cool rain does not deter

the proud black cat  
with white chest

Wednesday, November 9

wind violently shakes the trees

free of their leaves

blue half moon looks away

Thursday, November 10

the blonde poetess recites

chin over her shoulder

animated eyes and brow

Friday, November 11

new coat of paint dries in the  
sun

birds flee  
as I climb down the ladder

Saturday, November 12

written with tired limbs

emotions still swirl  
a body of their own

Sunday, November 13

river reeds flail

from beneath this tall pine  
someone answers my call

Monday, November 14

behold a perched hawk

Primed for flight

adios

Tuesday, November 15

as storm draws near

seagulls fly sideways

waters surge sand ripped off  
the beach

Wednesday, November 16

young guitarist with ponytail  
entertains her friends on the  
stoop

Thursday, November 17

distant water

shimmers through the trees

sun warms my face

Friday, November 18

my revived spirit  
meets the present  
in a seashore matron

Saturday, November 19

speckled pigeon  
crosses the leaf filled road  
drawing my attention

Sunday, November 20

leaf spins to the ground

stopped in my tracks

here i am

Monday, November 21

from the north  
small clouds speed by  
the ground is cold dark and  
wet

Tuesday, November 21

The last hanging pine cone  
basks in the sun

together we stand

the forest and i

Wednesday, November 23

feast with friends  
songs of the night  
cold air caresses my checks

Thursday, November 24

happy chinese two string  
violinist

plays on union square subway  
platform

resin covers his thigh

Friday, November 25

afternoon nap i awake it's  
nighttime

thoughts of her

cold chill through window pane

Saturday, November 26

my malice has hurt others

learning buddha

one day at a time

Sunday, November 27

in my nature to do  
music dance celebrate  
share

Monday, November 28

sleeping swans bob on mill  
pond

their heads

tucked under wing

Tuesday, November 29

gnarled tree branches  
reach out to the street light  
i reach out in cold night

Wednesday, November 30

abandonment  
swirls in my mind  
fear grasping for something

Thursday, December 1

spinning mind  
searches for an anchor  
focus relax

Friday, December 2

brilliant orange sunset  
from sunrise highway  
hope for a new day

Saturday, December 3

stepping in my melted snow  
footprints

on my way home from the  
laundry

this is the way I came

Sunday, December 4

giant swan ruler of the pond  
fearlessly approaches  
white neck glistens with water  
droplets

Monday, December 5

distant clouds on the horizon

look like giant tree tops

night sky behind me

Tuesday, December 6

swirling powerless

my mind is upside down  
safer outside in the cold

Wednesday, December 7

leaving crushed through  
frozen leaves and snow  
crisp air tickles my nose

Thursday, December 8

my art my life

lights shine in my eyes

guide me across the ice  
covered streets

Friday, December 9

race to finish

time for myself

keep the cold outside

Saturday, December 10

from the edge of the dock  
striated cirrus clouds filter the  
sun  
the wind surrounds me

Sunday, December 11

twenty years latter

a smile, a healer

mars close to the three quarter  
moon

Monday, December 12

dream themes of crashing  
waters

justin, co-workers, vehicles

tired enough to sleep again

Tuesday, December 13

swirling flock's shadow  
on the tall white building's  
curve

Wednesday, December 14

house lights reflect  
on night pond  
calm breath

Thursday, December 15

clock ticking  
water dripping  
heart beating

Friday, December 16

train stop coffee shop  
guitar player in a suit  
candle warmth

Saturday, December 17

asleep before I wake  
sitting bare in the window  
feeling the sun

Sunday, December 18

singer's eyes make me smile

poets at every table

looks are deceiving

Monday, December 19

harbor gulls reject  
the apple core  
i throw in cold waters

Tuesday, December 20

i pet the feline's silk coat  
as she sleeps on top me  
oh, the longest night

Wednesday, December 21

us workers celebrate  
sharing gifts and jokes  
our humanity this world

Thursday, December 22

it took hours for the sun to set  
behind black trees  
sleepy eyed, content

Friday, December 23

Drinking from a red paper cup

birthday pause

loud coffee grinder

Saturday, December 24

from my window  
i see a passing car spew steam  
chugging across ice slick black  
asphalt

Sunday, December 25

she brings a new point of view

windy beaches

flirtation

Monday, December 26

birth trauma relived  
bottled sleep heated room  
an inner love

Tuesday, December 27

flock of tiny birds  
pass through the bare tree  
canopy  
clear sky stream

Wednesday, December 28

sea fades into sky  
drizzle atop the bluff  
laughter in my ear

Thursday, December 29

strength of body  
protects the soul  
in this life time

Friday, December 30

snow flakes fall

frozen tears

how many are enough?

Saturday, December 31

ice water bites my skin  
toes numb splash and howl  
foolish laughter

Sunday, January 1

open field dark sky

fence lined dirt road

geese eating grass

Monday, January 2

small shoe prints  
left in concrete walk  
filled with cold rain

Tuesday, January 3

only two clouds in the sky  
like a smudge on glass  
we are inside

Wednesday, January 4

afraid by the shore  
don't worry, i'll take care of you  
sun breaks

Thursday, January 5

no differences  
in good and evil  
like an apple hating oranges

Friday, January 6

gas station attendant smiles

after my coins tumble

happiness is everywhere

Saturday, January 7

headaches above and below  
nothing to clean the white  
paint off the walk

Sunday, January 8

sunshine warmth  
though its winter  
mute moth flutters

Monday, January 9

spontaneous healing smile

“back off” said the child

lets have some fun

Tuesday, January 10

mist and rain  
out of thin air  
open space before me shrinks

Wednesday, January 11

shadows of stream's swirling  
ripples

glide along the bed

magic!

Thursday, January 12

poet applause

listen and feel

alive and well

Friday, January 13

violent storm  
batters the house  
stirring me from sleep

Saturday, January 14

feel the sun  
through my window  
hairs stand on end

Sunday, January 15

toil in ice

wind tears

finish tired a lonely cold day

Monday, January 16

up I rise  
old skin peeled off  
closer to me

Tuesday, January 17

clouded purple orange sunset

storm forgotten

walking wet parking lot

Wednesday, January 18

house peak pierces  
the deep blue night sky  
rows of clumpy clouds  
evaporate slowly

Thursday, January 19

happy energetic dogs  
scamper along the sandy shore  
sniffing everything

Friday, January 20

old man violinist  
in knitted cap and glasses  
plays a bittersweet love song

Saturday, January 21

rejection burns the skin

closing connections

heart beats

Sunday, January 22

rain god pours down  
light hiss as I reach up  
stretch through the clouds

Monday, January 23

tinkling bell

shivers, heart skips a beat

laying underneath the night

Tuesday, January 24

but for her laugh

wind surge

calm stare

Wednesday, January 25

seagulls float  
wings out stretched  
motionless, moonless

Thursday, January 26

lights on the bridge

cello player's kiss

soft warm hands

Friday, January 27

inner calm clean morning air

paint brush soars

the sound of the universe

Saturday, January 28

flock of birds chirp and flutter  
in giant bamboo bush  
preparing for the night

Sunday, January 29

still bare trees  
awaken from a puff  
of winter's night wind

Monday, January 30

in poor neighborhood  
abandoned houses  
children's smiles off the school  
bus

Tuesday, January 31

in bright sun  
a pair of swans attempt to  
paddle  
against the surging river tide

Wednesday, February 1

sunshine glare  
on montauk ocean waves  
peaceful windless winter

Thursday, February 2

pine forest along the highway  
in back yards after the rain  
deer sneak for berries

Friday, February 3

city dweller's sharp mind  
wet streets and buildings  
a maze I used to call home

Saturday, February 4

sacred flame  
breaks its vessel  
smoke filled room

Sunday, February 5

the wind's punch  
almost knocks me over  
elemental brawn

Monday, February 6

everyone has love to give  
i'm thankful it has  
been given to me

Tuesday, February 7

saying goodbye  
is an end, beginning  
frost everywhere

Wednesday, February 8

shadows stretch quickly  
across the grass  
wind at my back, sundown

Thursday, February 9

morning poem

quietly placing my wrist watch  
on

the day awaits, cold and blue

Friday, February 10

tempest approaches  
in white sheets  
soft burial nocturne

Saturday, February 11

hibernating muse

regenerating

wielding energy

Sunday, February 12

misty moon mantra

dim lit coffee shop

chatter, drum and bass

Monday, February 13

sunrise  
i toil

past sunset

while lovers embrace

Tuesday, February 14

spirited eyes  
gaze inside me  
stoking my heart's flame

Wednesday, February 15

woven words  
a meaning  
dark trail home

Thursday, February 16

storm

fells a tree across the tracks

late arrival

Friday, February 17

escape to the wild  
paths untravelled  
snow dust covers the yard

Saturday, February 18

stranger on a train

takes my photo

forests march past the  
windows

Sunday, February 19

we cross main street  
to the north side  
where the sun can warm us

Monday, February 20

minds briefly try to decipher  
life's purpose  
questions unanswered

Tuesday, February 21

hurts expressed

sun still sets

won't be forever

Wednesday, February 22

rain drops on kitchen window

faucet drips

where are the tears?

Thursday, February 23

swimming

feel the momentum

pull me further than before

Friday, February 24

dancing under chandeliers  
on top of the world  
in my arms

Saturday, February 25

reoccurring everyday

cold air

burns the skin

Sunday, February 26

constellations and planets  
spin around us  
as we speak in frost air

Monday, February 27

airplane's cold metal glare  
forest branches stretch out  
on all horizons

Tuesday, February 28

blink a creamy sunset

two roads

leading to one

Wednesday, march 1

snow and ice  
keeps me inside  
a view from the window

Thursday, march 2

meditation altar  
candles statues tomes  
red carpet pillows tranquility

Friday, march 3

centerport sky

constellation without name

welcomed into a home

Saturday, march 4

spiritual warmth

musical tones

keys release years of tension

Sunday, march 5

hungry robins and sparrows  
rustle through leaves  
for a chance meal

Monday, march 6

rusted crane sleeps by the  
dock

seagulls swarm

water lapping

Tuesday, march 7

circling hawk calls  
again and again  
awed birds wait invisible

Wednesday, march 8

healing hands embraced  
black hair child  
sits under apartment tower

Thursday, march 9

surf caps

boat pushed ashore

sand hisses into the breeze

Friday, march 10

big city arena

champions and celebrities  
battle

cheers dancing chants

Saturday, march 11

rain pours down  
stopping for the parade  
people dressed in green scatter  
in groups

Sunday, march 12

sun finds its way  
through the brush  
soaking everything

Monday, march 13

wind song  
blowing over beach grass  
stirring up the tide

Tuesday, march 14

part of me sleeps  
in a pine grove  
while the rest slogs on

Wednesday, march 15

mute hillside  
waiting for an answer  
nothing

Thursday, march 16

Bright sun's heat  
cannot surpass  
the teeth of winter's wind

Friday, march 17

great tree cut down  
i will miss your expanse  
of shade and rustling leaves

Saturday, march 18

church sermon  
flurries of snow  
belief in the white light

Sunday, march 19

closing the book

pages

remind me of leaves

Monday, march 20

