

## Camphor Use

The round shaped camphor  
pieces in a jar  
are huddled  
together to combat  
anxieties of varied kind,  
despite their small size,  
as a remedy  
for cleansing the environs,  
(internal and external)  
the tiny pieces in hot boiling  
water clear nose congestion  
and congestion of other types  
unknowable and unspeakable  
bringing relief akin to  
a lap of a mother on a  
stormy night.

~ \*♦\*❁\*♦\* ~

## Sweet Chaos

What an opportunity  
for basking in love of self  
for being  
for plain breathing  
for discovering  
for inquiring the truth  
for putting things in perspective.

Where is chaos?  
Others see death and disarray  
but I see the planet heal  
day and night, creation and destruction  
go on like they always have.

The important thing is to  
remember our impermanence  
and become even more  
humble than a blade of grass  
for that is the essence of it all.

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~ \*♦\*❁\*♦\* ~

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