On Pleasure' (114)

Then a hermit, who visited the city once a year, came forth and said, Speak to us of Pleasure. And he answered, saying: Pleasure is a freedom-song, But it is not freedom. It is the blossoming of your desires, But it is not their fruit. It is a depth calling unto a height, But it is not the deep nor the high. It is the caged taking wing,

But it is not space encompassed. Ay, in very truth, pleasure is a freedomsong.

And I fain would have you sing it with fullness of heart; yet I would not have you lose your hearts in the singing.

Some of your youth seek pleasure as if it were all, and they are judged and rebuked. I would not judge nor rebuke them. I would have them seek. For they shall find pleasure, but not her alone;

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KAHLIL GIBRAN On Plensure' (2/4)

Seven are her sisters, and the least of them is more beautiful than pleasure. Have you not heard of the man who was digging in the earth for roots and found a treasure?

And some of your elders remember pleasures with regret like wrongs committed in drunkenness. But regret is the beclouding of the mind and not its chastisement. They should remember their pleasures with gratitude, as they would the harvest of a summer. Yet if it comforts them to regret, let them be comforted.

And there are among you those who are neither young to seek nor old to remember; And in their fear of seeking and remembering they shun all pleasures, lest they neglect the spirit or offend against it. But even in their foregoing is their pleasure.

On Pleasure' (3/4)

And thus they too find a treasure though they dig for roots with quivering hands. But tell me, who is he that can offend the spirit? Shall the nightingale offend the stillness of the night, or the firefly the stars? And shall your flame or your smoke burden the wind? Think you the spirit is a still pool which you can trouble with a staff?

Oftentimes in denying yourself pleasure you do but store the desire in the recesses of your being. Who knows but that which seems omitted today, waits for tomorrow? Even your body knows its heritage and its rightful need and will not be deceived. And your body is the harp of your soul, And it is yours to bring forth sweet music from it or confused sounds.

On Plensure' (4/4)

And now you ask in your heart, "How shall we distinguish that which is good in pleasure from that which is not good?" Go to your fields and your gardens, and you shall learn that it is the pleasure of the bee to gather honey of the flower, But it is also the pleasure of the flower to yield its honey to the bee. For to the bee a flower is a fountain of life,

And to the flower a bee is a messenger of love, And to both, bee and flower, the giving and the receiving of pleasure is a need and

an ecstasy.

People of Orphalese, be in your pleasures like the flowers and the bees.

On Pain

And a woman spoke, saying, Tell us of Pain. And he said:

Your pain is the breaking of the shell that encloses your understanding. Even as the stone of the fruit must break, that its heart may stand in the sun, so must you know pain.

And could you keep your heart in wonder at the daily miracles of your life your pain would not seem less wondrous than your joy;

And you would accept the seasons of your heart, even as you have always accepted the seasons that pass over your fields.

And you would watch with serenity through the winters of your grief.

Much of your pain is self-chosen.

It is the bitter potion by which the physician within you heals your sick self. Therefore trust the physician, and drink his remedy in silence and tranquility: For his hand, though heavy and hard, is guided by the tender hand of the Unseen,

And the cup he brings, though it burn your lips, has been fashioned of the clay which the Potter has moistened with His own sacred tears.

JOHN DRYDEN

Happy The Man

Happy the man, and happy he alone, He who can call today his own: He who, secure within, can say, Tomorrow do thy worst, for I have lived today. Be fair or foul or rain or shine The joys I have possessed, in spite of fate, are mine. Not Heaven itself upon the past has power, But what has been, has been, and I have had my hour.

Dear Bill (114)

Dear Bill I'm afraid I've not got long to write I'm off to Mary's You know how she feels about bridge night It's been a few days I thought that I'd send a few lines

Next door's greyhound came into the garden this morning I think he likes the roses They're doing fine, I used some twine To tie them up and rein them in I hope they'll bloom next spring But you'll see that for yourself

I'm following the instructions you left in your note: "Please devote all your time to their care" And I have done, I swear Except from the talking, I'm not going to do that 'Cause talking to roses is mad and you knew that When you whispered sweet nothings to flowers To make my dad cross, and me laugh And it did And why did we meet in the middle of a war? What a silly thing for anyone to do

Dear Bill (2/4)

Your sister sends her love, of course And your mother... is the same as ever Diana's piano is getting much better Well, I say better, I really just mean louder But as she tells me That's pretty much the same Well, it makes a change from all of the noise and the sirens And sometimes from all of the Silence With six rounds of "Jingle Bells" And "We Wish You a Merry Christmas", even though it is June And it's been a long summer But she wants to be perfect for her older brother She hopes you'll be home again soon— no She knows you'll be home again soon

> And it's fine, and we're fine It's nice to watch her get better with time I suppose they just miss you I know they just miss you And I'm not going to argue with that

And why did we meet in the middle of a war? What a silly thing for anyone to do

Denr Bill (3/4)

And I'm trying my best to write everything down To fill in the gaps so that when you're around It'll be like you'd never been gone As if you'd been all along 'Cause you can't just miss out on the songs

And to tell you the truth, Tom Your roses aren't thriving Without you they're dull Don't worry, they're surviving But I've tried all the tricks that you put in your note And I've watered the soil 'til it started to float And no, I've not talked to them I'm not going to talk to them There's something you have that I just don't have

And since you're off gallivanting it's only fair that you know That your roses, quite frankly, were the first things to go And no, you're not gallivanting I don't mean gallivanting It's just frustrating for you to be right When I have to do both the sides of this fight But it's good to hear you Even just in my head

Dear Bill (4/4)

And the roses just miss you I know they just miss you And I'm not going to argue with that There's so much to do when you come back

And I know that they say that it's all for a cause Our brave boys out fighting a war to end wars But it's like they don't see that when you're far from me Our roses don't get the conversation they need Which just seems unfair I'm stuck here and you're there I suppose I just miss you I know I just miss you Even now I still miss you

And why did we meet in the middle of a war? What a silly thing for anyone...

LAO TZU/ TIMOTHY LEARY

'All Things Pass'

All things pass A sunrise does not last all morning All things pass A cloudburst does not last all day All things pass Nor a sunset all night All things pass What always changes?

Earth . . . sky . . . thunder . . . mountain . . . water . . . wind . . . fire . . . lake . . .

These change And if these do not last

Do man's visions last? Do man's illusions?

Take things as they come

All things pass