The Pocket Poet

Sept 2026

BAMBOO TREES

As we sit in an outdoor restaurant

under swaying bamboos,

all I can think of is moving

closer into your heart and peeling

away hidden layers

like stripping off its stalks.

GENTLE WISDOM

Let the computer sleep like a stone at the bottom of a quiet pond. Let the phone sleep. Do not shuffle the paper stack on your cramped desk—ignore your long to-do lists. Forget the forgotten doctor's appointment, the cardboard boxes for your Amazon returns—let them all drift downstream. These are ripples that break your calm. Instead, close your eyes and let silence settle inside you like a resting dragonfly. Breathe until the air moves you. Gently rise to walk your dog in the garden to watch the birds splash in the birdbath. Brew yourself a warm cup of coffee or steep an herbal tea, and then another one at bedtime with your evening prayers. Perch in the quiet, fold your wings, and feel your sacred breaths and the rise and fall of your chest. You are loved. These treasured moments and small rituals will bookend your day with calm and bliss. Be still. You are loved. You are enough.