

Distractions

FINDING HAPPINESS - STEP ONE



Think of all your simple pleasures
 Write them down, no matter how trivial
 Look closely, and compare
 Discover yourself within them
 Understand what makes you happy
 After all, isn't that mans' goal in life?

Most people strive aimlessly for happiness
 Having no idea as tot the answer
 It may not be money, perhaps not power
 If these are attained, Your may still be searching
 Outward for that which you must find within
 How can you aim, at a target unknown?

Start your list today.

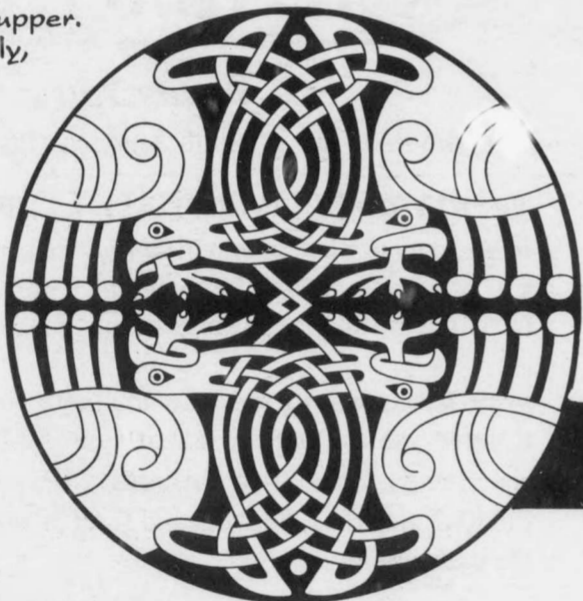
by Darren Elliott



MUSE

Stalking,
 The Gates of Diction
 Crawl Open a Scene,
 A Web of Kittens
 Mewing for Mother
 Playing With Peppered Frogs
 Peeping in Synchronicity,
 A Demand on the Trumpets
 To Tear Once More the Walls,
 Angles Play Marbles
 With Goals of Babylon,
 Herding the Sheep into a House of Cards.
 As the Big Bad Wolf
 Huffs and Puffs for her Supper.
 The Kittens Caught the Fly,
 Plucked its Wings,
 And Set it Free.

by Jason Meldrum



SIMPLE CAMPBELL

Simple Campbell met a voter going to the fair,
 Said Simple Campbell to the voter, "Vote for me this day."
 Said the voter to Simple Campbell, "Show me first your precepts."
 "Sir!" protested Simple Campbell to the curious agent
 "Sir, I swear, I have not any!"

by Mark Ireland

THE SECRET OF SUCCESS

Said my father, the not so successful lawyer:
 'Son, two things every failure knows about success,
 Firstly, you must sleep with the daughter of a Duke or Duchess:
 She will ask you to master the trade of those called Doctors
 For naught else certifies attainment more than medicine and sex.

by Mark Ireland

THOUGHT-CLOCK

Time molds
 The ideas of the young
 into the imaginations of the old,
 Both think for truth
 Both think for happiness,
 Both imagine themselves as the other,
 Neither are true,
 Both remain happy.

by Jason Meldrum



DON'T LOOK DOWN, DON'T LOOK BACK

Re-evaluate your life often
 And you will soon discover
 Many great problems will fade away
 Become but a shadow to your existence.

Everyday hassles - trials of life
 That now seem to overpower you
 Will dim into the background
 As you look at your complete reality.

Focus not on your obstacles
 Your attention, spare for brighter things
 Set your eyes on what you desire
 And don't look down, don't look back.

by Darren Elliot

Distractions Editor: Chris Lohr
Deadline for submissions is
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