Oh ghastly bore of discussion
When reality subdues imagination
It all becomes a vacuum of words
Words enclosed in ache
Like the atoms squeezed together in wood
I need the pulsation of thought,
Life beating against the walls of heart;
Pumping like the frantic outside the window,
Pounding on the rainy sidewalk
Jogging briskly in the immortal cold!
I need the pulsation of thought!
I need the moment when
The rhythm bounces off my ear
Even as I fall to the ground;
Colours receding and colliding in vigorous dares!
It is then that I am not alone
Braaking the seige of Physics' forces;
Breaking the seige of Physics forces;
Propelling spirits to the end of the elements
Propeling spirits to the end of the
Crossing waves, lines and merges
Crossing waves, lines and
Of sound, water and air!
It is then that $I$ am not afraid of the mind Being earth human and child of the sky. I meld and fall, reach out to the abyss And touch the faces of those who have died. I can feel the air like a phantom hiss Coming again and again and again.
know that it is not a trick, then
When I raise my arms and say "Amen!"
As I listen once more for the churning of the waves!
It is then that I have help from the sound of turbines To blow the cover off the mind.
I reach into its wondrous flow with my soul; It dances like the Gods on vacation.
It dances like the Gods on vacation.
Equinox itself is reversed while I explore
Equinox itself is reversed while I explore!
Oh, it is so intoxicating to delve into the unknown, The little corners of the mind where it is joy! It is so wonderful, I sometimes wonder Where in the universe am I?
by Mark Jreland

PutOn Your Amber Lenses

A dark and dreary day
A dark and dreary day,
With smeg and sut and hail, Hangs over you like a shroud, Suppressing your very existence.

Why let it be so?
You don't have to give in!
Take charge of your life,
By wearing you Amber Lenses!
They filter out the gloomy darkness, Make your vision clearer through the fog, Brighten up your entire world, With beautiful colors of nature. How you perceive-is what you believe, What's real is not important. How you see it makes all the difference, Between night and day. Between night and day.
by Darren Elliot Reborn The rich, transient silence that lies soffly and floats round or fetal peace of mind
Is soon to be broken.
So prepare yourself
for those first warning murmurs
and take a deep breath of fluid and clench you helpless fists and clench you helpless fists to be slung by the harsh light of truth

What to Believe I sayy a hole in the base of a hill I salw the whole of the half-eaten kil I saw a facce in the waves of a cloud I saw life in the dark of my mind I saw a knife in the shreds of rind
I saw the roof of a wall left to tear I saw the proof of what wasn't there. Shemy $\nrightarrow$. Morin

## Sous-Rire

IX
(youth)
Happiness closer
My tears
Try to outrun it
Feet sink
Into the white oil,
Splattered,
forming,
The pattern of my humanity
A noise climbed
Out of the air And into the bones,
The streets,
The strips of cancer Alive once more with cries Of adultered innocence.

I left my boots,
Lying,
Stuck between a dare And the quickest way To catch a frog; I limped home,
Content,
Mostly
Dryer than my birth.
by Jason Meldrum




