

A Twelve-Tone Poem

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From a burden to a blast, in the present not the past;

From a trial to a treat, in the cool not the heat;

From someplace else to Here, in Love not fear;

From suspicion to trust, in affirmation not a bust;

From worry to joy, in creation not destroy;

From overload to rest, in gratitude not distressed;

From self-doubt to self-aware, in acceptance not despair;

From Oh No! to Oh Yes!, synchronized not a mess;

From 'life is bitter' to 'life's so sweet', in winning not defeat;

From phony stories to every breath, with eyes wide open not
the dullness of death;

From hiding out to showing up. Real! Not scared of owning
up;

From misery to peace, in clarity not dis-ease!