

Connecting New

August, 2022

Once again it is my pleasure to share a basket of short poems, selected over what I have written in the past year. If you have a favorite among these, please let me know which it is.

But For

Black shorts, black socks,
white shoes, white legs,
could have been me...
but for my arrogance.

Cloudy

A cloudy day
a cloudy life
still there is light
and goodness
content to enjoy what is

Cold Rain

A cold rain can wash away the salt and residue.
A cold rain can chill my core, moving me to nap on the sofa.
A cold rain is a reminder to rest...
and prepare to start again fresh.

Freer

Sometimes the approval we seek most
we already have.
And sometimes the approval we seek most
will never be given.
Pay attention, dear one, about what motivates your actions,
and as possible, live freer.

Helps

The poem she read to me yesterday

reminded me that the best writing is not mine,
that sometimes I hate to admit that my writing is not even good.
But today someone said that my poem was beautiful...
and that helps.

Important

When your life feels like crap,
it can be important to remember
that for many seeds
the path to germination includes some critter's digestive tract.

Invitation

You can't feel joy when you can't feel sad.
You can't know peace if you can't get mad.
So dear one where it hurts to me I invite you to show.
Trust that all I want is for you to come to know
my love.

Liberty

We can only love fully when
we fully love the parts we prefer not exist.
It's liberating to apply to ourselves
and even more liberating to apply to others.
If you wonder how, keep trying and praying.

Most Grateful

I can't tell whether I am most grateful
for nature, or love in my life, or life itself,
but what I know for sure is that for me,
there could not be life without the other two.

Quick

Unsolicited, she told me that I have been quite patient lately.
"Makes sense," I replied. "Over the past eighteen months
I have used very little of it. My patience storehouse is full."
She was quick to agree.

Peace and Blessings,
Clarence

archive of past emails can be found on the Connecting New page of www.clarenceheller.com. Also, if you do not already receive A Piece of Goodness, a positive and often provoking daily excerpt from one of Clarence's poems, with convenient access to the entire poem for those who wish to engage it, [subscribe here](#).

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