

with feet firmly planted in astral projections  
or legs gently folded

the gentle new age disciples  
tenderly tell me i need to become

more aware  
more centered  
middle eye vision focused

with the holistic spirit flowing through everything.

it is hard for me to forget that all natural flow

is based on flow going downhill

and most brand name sandals  
are sweated out of third world laborers.

when all i can think about is

the mislocated forehead eye

of the island bound cyclops

and his herd of sheep

let out at dawn.

i felt unnatural

almost dirty

in an unpleasant sticky awareness

perceiving upscale self denial instead of transcendence.

so i looked at their middle eye

and told them i could improve their sight.

i know a new age ophthalmologist...

his name is no man.

i travel with the flock.

wf.h.

2024