

Thought Fat



metabolize my ghastly verse
my fat has so accrued
my bro, your work onto this thought
will help me be less crude

metabolism of these thoughts
has helped me burn thought fat
you've pointed out the fallacies
and cherried with a stat

these thoughts - I've chewed on for a while
you credit my account
I'll pay this debt back as wing-man
assist attempts at mount

and this quick burn thru my thought fat
is one of many that we've had
what else should bros and lassies do
but help each other... not go mad!

I'll come to you with hours to live
metabolize what Trouble ribs

- Jefferson

Spring (Fling)

2024-05

Do so

and I will hold
betwixt this bosom
lies a softened heart
this cage: a mold

thru which this muscle heart
fills the space
with one clockwork part
we syncopate

and thru the ether
may you swim!
as do the bards
thru this pen

to know you do not swim alone
tonight
allows me but one breather...
but two breathers...
thought I myself
till now
to have might

2024-05

Still thee dwelleth

in my heart
this, I shall to you repeat
as long as this is true...
may this will have been, since we did meet.
a repetition
to remind, as oft I do forget the sweet:
that which is not in verse or dance...
the pungent oft reminds my tongue of meat.
my eyes are clean
just as, to me your “no’s” do indicate
assume I: you will know which “no’s”...
by valley gaze, my eyes will implicate.
Time provides
for us both, a pre-party-platter “provision”
I choose your choice of words...
so also, “gluten”, “butter”, “cheese” are in your diction.

for in spread sheets, I resource allocate by queue;
and in spread flesh,
you speak or point,
my service flows for you

2024-05

Limerence sets in

must manage my priorities
or ours, if we betroth
at least till our mortalities
each three days' ocean froth

the hoūrglass: our count in beads
each chomping at the bit
each lip exhale I purr like steed
our canon love is writ

though at approach, our glass stands stein
then lays upon its side
our disp'rate paths will intertwine
from mouth to neck to hyde

to measure clockwork tick of love
takes axis-two an hoūrglass
what is below, so is above
to need, from able steed, shall pass...

love's time pass more like glass on side
until thy labor, I in labor lie

2024-05

Separate happiness from pleasure

“a heart will swell before it harden”
could this be where I’m headed?
in Chronos, I must beg your pardon
in Kairos, heart strings fretted

for notes partition by the maker
us each an instrument
our hearts are kneaded by the baker
until her sweat is spent

and putting forth fecundity
may get bad-heart feedback
they say you ought protect your heart
for Jinn won’t cut you slack

I challenge you metabolize
your thoughts and feels and food
for putrid is the heart confined
think “happy: not a mood”

for happiness means: more pursuit
and pleasure asks: to work the root

Summer

2024-06

My dearest friend

I shall not hold onto
the image you were last
you are my shining blue
in memories of past

and also those of now
how close we are in team
coórdinate your brow
and wrangle back my beam

our teamwork action's loud!
our spoken words are few
associate our cloud
salúd our humble brew

of which I drink: das boot!
in fifteen minutes flat...
the diligence is moot
as money of expáts...

just let me know if she's mirage
and when it's time to Arbitrage

2024-06

Saturated market

return I to the spicket?
just after quench my thirst?
the spoon - not like to lick it
this honey aint my first

this saturated market
this second love-assaince
is as the water faucet
is to our thirst savants

the austrians have cracked the code
at time when truly needed
anxiety is now the mode
pareto love has breded

we're like to see our match
in red-green-bluish harmony
a pimper-paradise of snatch
a third relations puberty

distribute fault within community
antithesis to commons tragedy

~2022

Family book shelf

forget I that my sapling self
grafts will for more than me -
for fathers, mothers from the shelf
our book shelf family tree

the pages glued from maple sap
thin sliced is neice's time
too, shelves are fastened with that sap
love taps our maple brine

our family tree is more like woods
prepared by Lord God's sovereignty
then fashioned into shelves with books
will: artisan to testimony

for trees from which we budding came
as living flesh do not remain

2024-06

Change of heart

Prioritize our time by queue
permit you speak or point
you know my service flows for you
for labor doth anoint

I resource allocate, at home
my labor's lost alone in memory
our fam'ly book shelf hath a tome
on which our labor's writ, eternally

but how I may condition life too soon
to aim towards chain command of faith
(the flowers are so similar to poon...)
our org chart lacks ambition lathe

although a man in home and work: replaceable
a child filled home and public work: is traceable

2024-06

Morose shalom

was once a day on Mission beach
we sat beside the sand
my Father took the time to teach
of how to be a man

marine layer still stuck around
I looked out to the Board
not many folks, not much a sound
felt residued my chord

the gradient from grey to gray
from concrete to the clouds
a feeling word my flesh did say:
“morose” you wear, this shroud

is of the greatest feels to have
as this is what you’re often not
embrace shalom, the other half
you stoic! you shall never rot!

this day, in heart, I savor it
this I can call my favorite

2024-06

Celestial dramas

why must we deal with sky above
espesh'lly when she needs to cry
celest'al drama pressures love
sky pressure cast onto this guy

give me a break! let go your tears
and let me cry those of mine own
for feeling her rejection fears
last night, our hearts were lent on loan

as though “ave maria” heard
from skies above, and now they bream
to edge of manifold - our word
from heart to diaphragm to team

at mention’s last my mother cried
when sung I “ave...” to the dead
and now remembrance makes me sigh
these heavy skies on I like lead

so, skies above, it is YOUR time!
to hold back tears is now a crime!

2024-06

You teach me

my newest friend of brawn and heart
we picked up right on time
you made impression from the start
we syncopate like rhyme

you claimed you need a tribe anew
I offered one of mine
frequented places, met a few
ionic bond did bind

now on a journey we embark
let it be writ and so
shines forth your diligence, so stark
though you're a brand new bro!

you teach me: value ev'ry hour
as though it is formality
you test me, honestly a sour:
remembrance I should value me

I scrub my soul with stoic soap
so that my worth's within our scope

2024-07

Until thy labor, I in labor lie

I scrub my soul with stoic soap
so that my worth's within our scope
monastic innerworldliness
will value labor all the less

as Weber proves this mental stance
arose America the chance
to focus on our calling's tender
despite this weekend's falling bender

serenity accepts what can't
and courage change within's extant
I'm off allure of Noble Lie
as Lutherans would surely sigh

and this within my half of heart
is as the ventricle's depart
this eudaemonia well lit
anticipating benefit

despite this market's saturation
this breakthrough bends His light's elation

~2022

Joe got fixed

a change in epoch of the psych
by plebian the thought of might
a master - poor morality
our dog no longer members 3

we snipped out - off his ever pride
a loss of luster, stalk, and stride
this fury beast of tail and snout
creates remembrance of our bout:

demeanor stouted by the quo
is much the same as none below

2024-07

Serene-morose arbitrageur

a sweet spot doth exist between
the will: our calling and our pushing root
on fathers, mothers, do we lean
to perish our extant — and rise from soot

a nonchalants develops staunch
ambition stouted by bureaucracy
without a laissez-fair set at the launch
a fâlse-start will commence most probably

morose as beaches are on cloudy days
the grey of boardwalk bleeds into the sky
though peaceful, matters seem in disarray
for dogmas dissolute how best to be a guy

as arbitration swims as shark thru cove
and heart doth reach thru blood to coat their teeth
towards logic-less efficiencies they rove
set nets and trot lines, lûres far beneath

aloof and gloomy, peace-embracing spéculateur
a non-chalant-morose-shalomic-arbitrageur

Fall

2024-10

To home

3 hours must pass
till I may rest
these hours will last
I'm at my best!

at pen and tongue
at home run toss
let's hit em home...
... our tribe is lost

I'm weaning from
the sanctity
I've earned your chum
by solely deeds -

as words are moot
and sometimes trite
they're burned to soot
unless we write!

so let us drink: a drink to Home!
... for THIS tonight I drink alone

2024-10

Saturated markets all around

We fit our problems to the math
not other way around
when wandering: stick to a path
we block out nature's sound

for wonder is the only chance
to hear what you could not
if listen, you, to station's glance
your station's ripe with rot

like when we water plants with heart
we water far too much
we see the plant exhale and start
to saturate too much

we feel the thirst in others ought
not happen to ourselves
so we impart a maladapt
shun desp'rate to the shelves

though thirst's worth's at any cost:
at satiated, luck is lost

2024-10

Slave of ambition

this autumn let ambition die
to this I am a slave
a fault acknowledged, I'm replete
a god within this cave

and through the worship of this lord
the deserts I neglect
of healthcare, wealthcare, family
on this I do reflect...

for: passion for ambition is
a passion for the morrow
and this is ripe uncertainty
secretions that I borrow...

so from this watchful eye I ask
a severance from constant task

2024-10

Roots need maintenance

this solace we do share today
is meant for days in fall
for we don't mourn the summer rays
that left us one and all

and autumn days are meant to wilt -
the flowers, till next spring,
if rooted strong they'll bloom again
they call this our "spring fling"

for now, though, we should find the path
to comfort from the cold
and winterize our pipes and roots
to lessen likely mold

for roots, though strong, need maintenance
like greener grass across the fence

2024-10

Your absence is treasured

when we are with good company
these seasons pass within the heart
tis sweet when we are with the best
tis better when we doth depart

as climbers love the mountain more
down from the plain or valley near
so also doth our distance bring
our friendship into context clear

my love for you doth blossom more
when longing so to be with you
for in anticipation of
your presence in a moment new -

is where your waters fill my deserts
so, is MY absence also treasured?

2024-10

Release the heat

twas sweet to share this day with you
the mountain's valley spilled its sweet
our word has shaped and sculpt the land
from grazèd steps grew mossy peet

for life has sprouted from our verse
for only sprites to hear
we borrowed from the ether bards
not trite, not cringe, not mere

in saturated markets of
the spaces we both share
our verse may land on deadened ears
most would not give a care

but you and I surmounted most
not just the landscape view
but also heart strings, passions, fleurs
lords beckon at our pew

though fortune gave our day respect
it's fortune most we must reject

2024-10

Winter approaches

the chariots of Helios
have left this tilted earth
and now the pressure whistle's out
our pipe releases girth

for love is wasted on the young
and money on the old
no one-tool fit for every job
and jobs done right are sold

don't hold onto the tools that worked
unless the job is not complete
for otherwise tools bring us guilt
if left in passive-untouched seats

the sun has lifted from her neck
the heat has left her veins
a pressure taken from the soul
no longer labor pains

let labor wilt like falling leaves
and character align with teams

2024-10

There's an army between us

oh Canada! I come to you
with open mind and heart
I'm here to see my sister dear
and play my humble part

I'm understanding how you tick
the differences are few
but close enough in daily life
the little things seem new

I simply want to know just how ...
... your military works...
I'm separated by your guards
from sister's love and perks

your army stands between my sis
and me, so avant-garde!
for if I must, I'll push you thru
and end up in your Ward...

for Alexander laid his head
on mother's lap, upon her bed

2024-11

All cannot be relative

the folks of old have said
we sacrifice to bring the rain
this clearly is a truth from old
though, for postmoderns: pain

see... soil and seed prepared
before Jah bring the rain
is rain brought by our sacrifice
though, for postmoderns: pain

how can a truth from elden days
be now not thought the same?
must truth come from an expertise?
though, for postmoderns: pain

and truth from those with chitlin
is now known as the tame
dependent truth brings pertinence?
though, for postmoderns: pain

tis simple: all's not relative
within this: absolute truths live

2024-11

When keeping secrets

a social creature, one and all
our might ought fault to tender
the humbl'est amongst us all
has had their weekend bender

despite our needs we partic'lize
and stay within our phone
to reach out to external eyes
is thought to pick a bone

though pressure's taken off in crowds
so also vice comes near
it's not that others patronize
us into pleasure's peers -

it's that we see diversity
is truly not our strength
for we can spot the fungal ant
if all are fall in rank

can spot within the crowds our spies
when social beasts homogenize

2024-11

To my niece

within these parents: wisdom's best
as I am taking sister's tabs
humility in one called Pops
magnanimous in one called Babs

reducing noise to listen close
to greatness in those all about
encourages investment of
the talents that we tote and tout

we recognize the strength in You
the apple of our watchful eye
your talents are a shining blue
you borrow virtues from on high

and in our absence you will beam
to foster greatness in another
the lifetime that we shared this week
from me your only mother's brother

so let this find you from the net
my dearest niece named Juliet

2024-11

Look but don't touch

this day, the 5th, we follow thru
on barter made when we were born
though we take down the tattered flag
the flag looks cool a bit war-torn

though I've been asked by neighbor's son
to take a flag down which was worn
“I put that up the other day?”
“was up 5 months?...” I could have sworn...

my neighbor's son was back from war
he wanted not to see the tatter
had never met him till this ask
away at war... or home to pester...

I prefer the latter

so now our changing of the guards
of our repub-democracy
a spectacle... allowed to watch
but... influence?... beyond what we can see?

how could a flag be changed and such
if we can look, but never touch?

2024-11

Thank you for sharing

how are you friend, my oldest friend?
my sister dearest true
I had a blast with you and yours
your family anew

I treasured this, the time we shared
so fortunate we are...
you've really set yourself up right
your life has set the bar

and how we laughed (and coughed) and ate
each meal was most delish
within 5 minutes when I sat
you handed me a dish

you've hit the mark a thousand times
and will a thousand more
you have such vibrant character
are furthest from a bore

I thank you from my deep deep soul
for sharing me your fam'ly bowl

Winter

2024-12

To my old man

your final duty draweth near
this kindest day is in our sights
it's time: release that which you've built
the pressure built within this life

believe us of our love for you
know this will only wax
as pertinent has been your word
in every hurdle passed

fidelity, you've taught to us
and open-hearted soul
we've sung our song a thousand times
Ms. Music bore the toll

from DoD, Detroit autó
to Nasa, Nike, Solar
perfected manufacturing
your impact counts a molar

would countless werdz to say it all
ambitious-kind-NeanderPaul

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