Begin to Heal

Charles Harmon

By throwing down your crutch begin to heal,

By jumping off the cliff you'll learn to fly,

In fantasy we understand the real,

And so, return to life after we die.

You'll speak in tongues when in the foreign land,

And learn to sing when you have lost your voice,

The greatest reach is gained without a hand,

And best decisions when there is no choice.

We learn to think by silencing the mind,

Decipher all by guessing at the code,

The destination may be hard to find,

By tearing up the map regain the road.

There is no thought that can't be in the mind,

With logic as a tool or as a toy,

Though life cannot be lived without its pain,

The greatest sorrows can be turned to joy.

Deliver us with faith and reason both,

The ship survives by sinking its lifeboats,

Life is paradox, sworn upon an oath,

Enjoy the poison, then the antidotes.

You hold the universe within your mind,

Those bound and gagged sometimes the loudest sing,

When least expected, freedom they will find—

We have the power to do anything.

We'll know the right and wrong when all is done,

Our noblest thoughts can teach us how to feel,

We crawl and fall, then walk before we run,

By throwing down your crutch, begin to heal.

Started writing short stories with illustrations in kindergarten. 4th grade teacher sent a story in to the local newspaper which published it. Began writing poems and songs inspired by the Beatles in 6th grade. Got serious about poetry in high school when a girlfriend taught me to play guitar. Began playing in bands. Years later have published all kinds of poetry and prose in journals and anthologies including haiku, tanka, free and rhyming verse, children's poetry. *Frogpond, Ribbons, Heron's Nest, Prism Review, bottle rockets, autumn moon, California Quarterly, Altadena Review, Atlas Poetica, Acorn, Akitsu, failed haiku, prune juice, Hedgerow, Chrysanthemum, Lummox, Prism*, Winner *Hollywood Poetry Slam 2006*, Winner *Sidewalk Poetry Contest*. Have spent some 7 years traveling overseas in 67 countries. Worked relief and enjoyed being in three war zones. 35 years teaching chemistry and physics. Enjoy indulging my wonderful wife and three high-achieving kids.

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