MY BELLY IS A BUDDHIST

DIG WAYNE

having held my unconscious self hostage for decades

one day I looked down and said…

hello round one,
welcome

I see there is no suffering in you - you are pure and true

the 36 inch path to nirvana

teach me to banish the fruitless desire for lithe baubles
that will flatten your majestic profile or gradually
diminish your moral awning as rotunda

free me of baptism sweat which is blood letting by way
of my robust spirit

now we are like two simpatico jelly beans in a poke of
karma, nestling in a gently swinging hammock

I rest my hand on you

I message your knowledge

I accept that peace does not count calories

hello round one,
welcome

Dig Wayne has practiced the art of singing, songwriting, acting, poetry, and photography in New York City, London. Originally from Ohio, he now lives in Los Angeles with his wife and two children. Dig is an acting coach and teacher at the Lee Strasberg Theatre and Film Institute in Los Angeles. He has published two books of poetry and photography, Bongo Skin and Hip Pockets. His poems have been featured in the literary journals, Askew, Spillway, High Shelf Press, Ligeia Magazine, Poetry Super Highway, Cultural Weekly and many others. Dig would include Thelonious Monk as a God in this complicated and sometimes painfully beautiful world we are fortunate to occupy.