

## Sage Advice

*walk more, think less*

so i tried this morning  
    devoid of light and breeze  
    when spring chill hung in the air  
    and cluttered thoughts clung to me like burrs

guardian moon joined me  
    wrapped me in her gauzy cloak  
    tugged the burrs away  
    discarded them like pebbles

i noticed Saturn, Mars, Spica, Antares  
    jeweling the sky as  
    gray warbler charmed the dawn  
    bidding the lulling sun to rise and  
    warm the earth,  
    color the buds,  
    coax the worms to the surface

but sun tucked under tufted quilt  
    a monk declining to rise for lauds  
    a few minutes more

house lights flicked on and off  
    behind closed blinds  
    agreeing with the sun—  
    a few minutes more

i left my pebbles on the road  
    wandered home and  
        back into my lulling dreams  
        a few minutes more

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