

FORGET YOUR KNOWLEDGE

The mechanics of situation
You try to comprehend
All the details
To what end

A Wise man once told me
Because you are smart
In therapy you'll do well
Ah, to think a great start

But that's not a blessing
Because you'll have problems too
You try to understand
Pain or suffering you just rue

The pain in your heart
Don't let yourself feel
Now let your guard down
And I'll help you heal

How right he was
I'm sorry to say
But with this knowledge
I made progress to stay

The lesson I learned
Was not to examine
All the details
Just look more to heaven

When observing a painting
Look not at the brush
Look at the picture
Look at the art

My son will tell you
The importance of physics
My daughter will tell you
Mom study basics

Physics and math
Are all well and good
But the art of nature
Can't be understood

Not from a distance
Observe nature
Get out among it
Immerse essence of Mother Nature

I say the essence of life
Is not understood
It's more a feeling
A feeling of good

POEM: FORGET YOUR KNOWLEDGE
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