

How to improve your mood

Jody Azzouni

Originally published in
Purple Patch, 103, 2002
© 2002 Jody Azzouni

Should you look in a mirror,
tame the glass chameleon
with dim lights,
cosmetics,
and capped teeth.
Realize the two-dimensional life is best,
for even a little thought
will erode the forehead.

Should you take a bubblebath,
coo at how the bubbles
group in nests,
but overlook that they're as bald
as baby skulls
and that they giggle when they pop.
Don't notice that soap
however solid
is always on the way out.

Should you sit in a garden
marveling at the flowers,
be aware that surgery is sometimes called for:
the slash of light
that severs the shadow from us.
Flowers delight us
only when we see them from the neck up.