

Impermanence and Temperance

by Graham Best

Heaven and Hell in me do dwell.
In me do tug and shove
Powers which destroy the world
And also bring it love.

The shadow hangs on me, on me.
The light is its dear twin.
In me they dance and each define
the other as they spin.

To glow with soaring happiness
that flowers have a scent
Is half the rhyme and reason here
and how my time is spent.

The other half in gripping pain,
as when great losses toll.
My days go by this way as well
and demonstrate my soul.

My days go by, I know not why,
in bursting, blunt extremes,
as when a man, though wide awake,
inhabits earthly dreams.

My days go by, I seldom try,
to stall their rapid swing.
Impermanence and Temperance—
of these I never sing.