

As I participate in healing,  
I am learning to be better  
To myself and those around me.

Light and life and love  
Are not intangible.

They are what is most real.

It is those ideas of getting,  
Of having and of holding onto,

That are delusional and empty.

We give form and substance,  
We give expression to the spiritual,

In the ways we are better  
Unto the least of these our brethren

And unto the least of these  
Within ourselves.

Passage

*n i n e t y - t w o*

*Form and Substance*

I have been reading about  
The American Arts and Crafts Movement  
  
That flourished in the United States  
From about 1890 to 1920.  
  
It was a philosophical response  
To the industrial revolution  
  
That was expressed in the creation  
Of certain kinds of objects in certain ways.  
  
It was a rejection of mass production,  
Of the quality of things that it produced,  
  
And of the quality of life for those  
Involved in the machinery of mass production.  
  
It was proposed that everything  
Was becoming more abundantly available,  
  
But that everything was meaning less.  
  
The advocates of Arts and Crafts  
Placed value on the quality of objects  
  
That were seen as having been  
Imbued with significance  
  
By the quality of work  
Invested in their creation.

Superficial decorations  
Were done away with.  
  
Designs revealed  
The methods of construction  
  
And emphasized  
The beauty of materials.  
  
The Arts and Crafts Movement  
Was about transparency.  
  
It was about honesty and integrity  
In the way we live our lives.  
  
I have sacrificed in my life,  
Believing in a better life to come,  
  
But as this better life has come,  
I find emaciated parts of me  
  
Still lingering in darkness,  
Denying me health,  
  
Real wealth, and happiness.  
  
Taking care of myself has been  
The least of my concerns,  
  
But I recognize the imbalance  
And the lingering illness in this.