

THE

MOBILELIBRARY

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CALLING ANCESTORS

Poems by Diana Raab, PhD
Artwork by Aslan Selçuk ARIK

hello all of you out there
we need you to guide us
show us the way.

I hear you're more alive now
sweeping up wisdoms
whispered in ears by angels
as we wait for day light
to pull us out of this darkness.

War where everyone hates
and lifelines are pulled
in more than four directions

we sit patiently awaiting your reply
wondering if time will heal
all that we lost
or bring with it rainbows
of confusion
this many days before
the beginning of a new year.

Amen.

OUR HISTORY

As I sit on my lonely terrace
during this closing chapter of my life,
I ponder all our shared memories
which began on a balcony now destroyed:
the one that held flames of everlasting love.

My mind slithers back
through the soil of my memory
to those sensations of new love
and wonder about the magic
to re-ignite their ambers
without setting aflame to the rest.

I shiver through my optimism
which hangs on the distal hooks of my mind
twisted beneath some rock
which I hesitate to lift
in fear of those worms

which hide for cover
like I do on my own balcony
when the dark
is brighter than the light
and I want to be saved
from all that lies ahead.

THE JEWELS OF MY CREATION

As I make a cup with my hands
I caress the small basket of people
who matter in my sextagenarian years
and all the memories
distill down to what I have created
in the womb of my heart
from the textures and medleys of the love
which caresses me and my soul mate
squeezing out the juices into
a new creation which we cannot
stop loving for the rest of our lives.

WHAT DEATH TEACHES US

Tonight I think of how death
teaches us how to live—
woven with images
of distant names and accomplishments
on illegible tombstones—
a hint to enjoy life's simple pleasures.

Perhaps this is a reminder
left behind by the dead,
like Socrates who professed that death
has no place in our lives.

By my bed sits a Buddhist book,
earmarked pages saying there is no end,
and praising the power of living.

It describes the power
of living in the present moment:
gears fixed in slow motion,

like time spent setting a dinner table,
watering flowers, walking in gardens
or engaged in quiet meditations.

I ache with melancholy
as my favorite aunt is put to rest
and leaves no legacy.

Life continues to remind me
to stop and feel its joy
over and over again,
with no regrets
but just...permission to live.

WISDOM 65

1. Remember that you are how you live
2. Do what you love, love what you do
3. Give unconditional love
4. Love others in order to be loved
5. Cherish each day
6. Maintain a positive spirit
7. Give love from your heart
8. Follow your bliss
9. Practice gratitude
10. Make kindness your spiritual practice

11. Focus on positive thoughts
12. Remember that today may be your last
13. See the light through the darkness
14. Smile at strangers
15. Go for a walk instead of watching TV
16. Take work breaks
17. Go to the gym
18. Make love not war
19. Nurture friends who make you feel good
20. Crush your inner self-critic

21. Be creative every day
22. Adopt a pet
23. Create an altar in your home
24. Be a seeker
25. Journal on a daily basis
26. Write letters to friends who are far away
27. Tell loved ones how you feel about them
28. Make regular wish lists
29. Nurture a passion
30. Engage in hobbies
31. Laugh like a child

32. Eat a clean diet
33. Indulge in an ounce of chocolate each day
34. Always use a strong reading light
35. Refrain from eating sugar
36. Smell the roses
37. Push the envelope
38. Travel to new places
39. Be lustful
40. Always dress nicely
41. Drink only after you eat

42. Take photos of special moments
43. Drink a glass of lemon water each morning
44. See a holistic physician
45. Always get three surgical opinions
46. Wash your hands before you eat
47. Travel with safety pins and a needle and thread
48. Practice loving kindness
49. Meditate daily
50. Be kind to your neighbors
51. Release toxic people from your life

52. Send thank-you cards
53. Say please and thank you
54. Pour sake for others and then yourself
55. Put the toilet seat down
56. Drink 8 to 12 glasses of water daily
57. Give to your favorite charity
58. Practice the Golden Rule
59. Spend time with your beloveds
60. Read everything you can
61. Visit your dentist regularly

62. Celebrate the good times
63. Do one scary thing each day
64. Honor yourself
65. Thank your parents for your life