

The Dhyana Decision

Still the modern monkey mind
practice placid pranayama
liberation through lokottara
the demise of delusion
elimination of confusion.

Happiness is a pretense
modeled by propriety
manipulated by society
a mere perplexity in time.

Be wary of what comes easy
experience pure perpetual bliss
Atman and Brahman are tantamount
Yoga is paramount metamorphosis.

Emancipation expunges karma
Samadhi is only one summit.
Only you know if you are
conscious of your fourth toe.

Julie Renae Knose