

Siletz River

Richard Bartow



Bear

CASCADIAN zen

bioregional
writings
on cascadia
here and now

volume one

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Lares et Penates

Buddha Bear The Angel The Cat
these Three watch
under their benevolent gaze
scorpions become docile mice
stay outside spiders calmly take
care of flies children cease squabbling
men pick up after themselves

one must pay attention
over long little years to the
long line of little gods ancestors
in portraits lithographs shelved statues
they made us they live with us
we are their children
we are their children

10 April 2019 - 21 July 2019
Mendocino County

In Those Days

Lew was a Leo
long ago when
he talked about the job
taking away those sweet
false dawn mornings
words danced
around the walls
at Soames Bar
Everson's Flats
this bench of
Noyo River
in the woods greatest
teacher of them all all up & down the Coast
there are poets listening
to the woods
some have been there since
the beginning of time
some only 30 years ago
some in a house built yesterday
but they've been thrown
from the same horse
into the light of blindness to everything but the other side
hearing the green green
mornings letting go falling
into them
before they go to work

Willits, February 16, 1999

COVID-19 Chronicles: The Work (So There Plato)

1.
 Floods of glorious inspiration
 wash over you she says it ain't
 always it's mostly hard work
 she says & I get the runs
 when I'm working on a good piece
 she says it's worth it the struggle
 to get to the word because the Word
 started the world & never
 forget that when you're looking
 to make words she says & always
 never forget to say remember
 you will find everything that's lost
 including words to tell stories
what's a poet some thing that can't
go to bed without making a song
 lots of songs lots of beds
 lonely & unforgiving with clean sheets
 covering a secret mattress that holds
 histories unworded maybe forever

2.
 Poets spend endless days & nights
 chasing down the word some stash
 their work Emily Dickinson-style & let
 it out secretly for the rest of us to
 find later without her voice clearing
 our heads some poets can't wait
 to tell at 2:00 AM a new poem
 has just been made
 look out world here it is through
 mail through telephone through

internet (for those in the loop) in books
 of startling glory new & in the hand
 bearing witness to the word bearing
 witness to the Word bearing witness
 to the world it made

3.
 Book in week's mail is handed to her
 along with piece of birthday cake
 white with truffle quality frosting
 she looks at book & cake
 nibbles at poems & sweets
 sweets & poems until her head aches
 with rich sounds rich beyond jewels &
 fur capes beyond brandy & 4-poster beds
 richness that makes her own the word
 & others' word as the magic it is
 a magic that makes rabbits and hats
 worthy of applause

Spicer said poets were radio receivers
 pulling in the word from afar
 Dylan said he reached up with his
 pencil & pulled the word down
 from above
 each poet each direction always
 from out there outside
 the outer banks of reason
 makes poets laugh & cry scream
 & grunt & push breathe push
 breathe another poem into being

15 July 21

Eulogy for Michael McClure

Once long ago in near past she saw him
as Adam striding into cyclones outside the
Gates beyond the comfortable afternoon air

& he brought with him voices
calls to summon those
he named to celebrate

Cougar Jaguarundi Lion
across savannahs & mountains
no matter where they were

he talks with them now
in the company of the Garden
on the comfortable afternoon air

GRAHEER MICHAEL GRAHEER

August 31 2021



Eel River

POSTFACE: CASCADIAN ZEN IN ACTION I

BR Basics: 22 Ways to Come Home

Immersion First!

Pay Attention! Learn to Listen!!

Get Grounded in Place!

Let Go the Ego! (*UnLearn* Projections!!)

Ask Real Questions! Be Open to Surprise!! Even so, Still Need to Quiet the Internal Noise & Social Babble, to Allow the World to *Speak & Become Our Teacher!*

Life-in-Place: Discover the Distinctive Character & Context of this Region as a Whole Life-Place. Learn How Our Implicate World is Woven-in-Depth on Many Levels, Unfolding thru Time. How Our World *Works:*

Energies: Follow Energy Flows! How Process Generates Form through Pulses, Streamings, Rhythms, Waveforms, Turbulent Cascading Flows,