

On Heights

Michael E. Stone

You said I am on heights
that I have climbed there.
but I didn't mean to scale
life's landscape,
nor terra's

heights and valleys.
indeed,
internal ones are harder
than external

truly sometimes
things just happen
heights erupt
valleys chasm

seeing's sometimes blunt,
but, with grace,
sometimes clear.

looking into self
the soul's navel
takes you nowhere
or if somewhere,
then where?

to descend to the upper,*
head between knees
a chariot rider down
to heights.

- Some Jewish mystics call their ascent experience "descent into the Chariot".
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