

## **Spirits and Spooks**

### **A Rhyme for Halloween**

Today is the ghost of the future's past--  
your now is a ghost,  
my now is ghost,  
for whatever we do will last.

There's hope for tomorrow's yesterday--  
you are a hope,  
I am a hope,  
if we nourish each other today.

Regrets are old spooks that may rattle their chains--  
fear is a spook,  
hate is a spook,  
and so are diseases and pains.

So a spirit sits down in your rocking chair--  
What can it do?  
Can it say boo?  
Just smile so it knows that you care.

Halloween raises our old spooks and bummers--  
feelings that dump,  
nights that go bump,  
and dumbs that evolve into dumbers.

But the morning will bring in the Day of All Saints,  
who were able to clear  
their existence of fear  
and their motives of self-serving taints.

What saints may have done, surely any can do  
if we make a start  
and open our heart  
so that giving and love may flow through.

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my now is ghost,  
for whatever we do will last.