insta-poems

paul kameen

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preface

In January 2023 I decided, out of the blue, to create an Instagram page pairing photos I take on my walks (uploaded in reel form) with bits of poetry I write (what I call "my tiny poems from Olympia") about things I see or think along the way. Most of the pieces in this series were composed expressly for this purpose, a puzzle-assembling process combining my words and images in what felt to me like successful synthetic collages. Some were derived from previously written poems, which I often revised to fit the images or, in the case of longer poems, excerpted to suit this format. For these latter, I include here the poems in their original not-so-tiny form. Instagram is of course an intrinsically visual medium, which is what attracted me to it in the first place, the possibility of fusing words and images into interactive arrangements, a sort of contemporary William-Blakean experiment. Most of these poems will make more sense, then, or a different kind of sense, in combination with their indigenous images, which are not here. If you want to see the original posts my Instagram page is:

https://www.instagram.com/paulkameen/

1. at watershed park

hemlock branches water-drop-tipped droop down inviting my lightest touch

the first bunches of skunk cabbage punch up through thick mud

their slender heads hunch under hoods pulled tight as mine to ward off the cold

the stiff stems of horsetails frail with frost unfurl first fuzzy fronds

nothing moves except magical moxlie creek bits of last year's leaffall swirling in eddies

then whirling off to continue their long languorous dance toward some sunlit sea

2. a walk at woodard bay

buffleheads gather at the headwaters ready to head north for tundra nesting

even the sternest firs extend friendly hands trusting enough now to warrant welcome

I stop now and then to touch tenderly path-side alders such sweet cheerful trees

or brush thick coats of rain-puffed moss fluorescent green on fallen logs

at the point a king tide leaves barely a foothold between woods and water

I hear no words only waves lapping gravel single-syllable greetings repeating

3. at woodard bay the next day

the buffleheads have left now for destinations north

where they have important work to do as I do also

in my mind's eye holding places for them until next fall

today many tiny clouds help the bay and me remember where they swam

. . .

on my way back I hear distant drumming and feel the spirits

of good people walking by me chatting happily

on their way to the shores to fish

still waters will not forget those who come and go without leaving a scar

4. at east bay

purple martins have started nests again in boxes hung high on poles sunk into east bay

miniature migs zig dizzily returning with breakfast beakfuls for minimartins to munch

5. at budd bay

many millions of tiny fry undulate as one around budd bay

each an inch stitch-thin riding tides in or out

when bunches breach the sea sparkles: sudden sprinkles of spring rain

6. backlit: at eld inlet

that flat part of paul 20 feet tall bobs up and down on the path just up ahead attached back here to the tips of my toes

on the right lazing in light white bark adazzle a freshly fallen alder friendliest of trees stretches straight its full 80 feet

bright and shade riffles shimmer camouflage mottled brown and green far as eye can see a full forest hiding inside only itself

what happens when sunlight walks on wavering water is wizard alchemy hypnotic trance optic overwhelm all too liquid-quick for stuck-in-the-mud poems like this strings of single words wrung out and hung up to dry on lines strung too tight by tongue twisters like me

7. at east bay

if you were these clouds or those

you'd find some still water to hover over too

just to see how great you look today

seeing yourself seeing yourself looking back

8. my walks

it is

no wonder why I wander by myself to near places

look long at things too little to notice

why my smile is luminous and simple and I am

nothing but the unworn sides of my eyes where right now

what's not-me blossoms for a moment as only what

it is

9. on olympia avenue

after all that rain a little bubble beads at the tip of every twig

a spline of shiny droplets lines the tender underbelly of every slender branch

each a snow-globe universe teeming with tiny poets writing poems even tinier than mine

10. at woodard bay

ferns eternally vernal a florid understory forevering

I wander fan-frond savannas until I know no way back

with each step forward I imagine someone else who has forgotten me

I will keep walking until I remember everything I've forgotten about myself

11. in my yard

one gold-crowned kinglet hops through leaf-litter out front pecking for seeds and I am suddenly of one mind

another flits in to forage among tangled roots and small fallen twigs and I am suddenly of two minds

after a few seconds they fly off and I am of no mind at all everything they called me toward now incomparably beautiful

12. downtown

a single seagull glides by kiting on a slight breeze

two treetop crows screech at each other unreaching

layers of trees recede in shades of blurry gray

until it is hard to tell right here from way out there

somehow my rickety spirit remains surprisingly intact

13. at budd bay

some days now the water is so cold it rolls over itself slowly molten metal shimmering

> they say the emperor Qin created a miniature replica of the Xianyang he loved

inside his burial mound on Mount Li with many rivers of mercury flowing ceaselessly into a great sea

today the sea I see is Qin's waiting patiently for a great man to walk by gladly

at his leisure every morning until the end of time

14. at woodard bay

stunning sunlight electrifies moist march moss magically

sideswipes trunks twigs and stems with neon green stripes

15. from my kitchen window

sunrise here is so austere

a wash of peach bleaching up to blue

a hint of pink hinged at the horizon

salmon-stained granite blanching

airbrushed grays rushing up the bay

or today next to nothing just breathtaking

16. at henderson inlet

today the bay is lapis lazuli polished smooth

forests of firs crowd closer on both banks

bow heads down a hundred feet deep

to see what it feels like not to look up at clouds

17. on thurston avenue

at the tip of each twig tiny petal-points pierce brittle shells

like baby birds irresistibly fierce fighting to get free

soon every branch will be unbearably beautiful weighted

with blossoms waiting to fledge in whiteout waves some windy day in may

18. at woodard bay

the tiny wren I heard singing last week has woven a tiny nest of dried grass beneath a flake of loose bark on an ancient cedar stump

a home so well-concealed I would never notice had not the wren flitted in and disappeared revealing its secret

for years I've heard these fern-hidden birds chirp warily through winters then step on stage to sing their spring songs

now the nest is made they go quiet again zip about at lightspeed a sleight-of-flight inviting me to look anywhere else but there

19. birds singing everywhere

redwing blackbirds back in the cattail marsh cackling

house finches in still baretwigged treetops trilling

warblers and wrens hidden high in hemlocks soloing

20. at budd bay

all those moored yachts jut jaws forward as if they are entitled to sail off on their own and might any minute white as white gets

until a seagull settles wings and tail shimmering extra-white, super-white, ultra-white, inside-out-white a shining, yes, a shining no yacht can ever top

21. at the state capitol

this earth so green so good so much asizzle

with cherry blossom clouds wafting up

into puffs of steam gleaming in seamless sunlight

begetting one beautiful blue brood after another

22. in bed

note to self 5:21 AM:

things get better you'll be ok

23. at henderson inlet

stiff wind whips wave tips raw grave voices quaver over washboard water

the only loss from fare thee well to farewell is thee my dear

and somehow me clutching nothing but these cold arms

24. east bay before dawn

li po drowned with the full moon he loved vanishing in his arms

no one knows whether he was trying to embrace it or to save it

it just melted away in millions of little white flakes on the black water

that may well have turned into deep space as they both

went missing

25. at woodard bay

this deer walked right up

to me today like I wasn't even there

because I wasn't

eye was

26. poem in the manner of a.e. housman

nothing sweeter mid-march than the song of a pacific wren telling of all the light ahead not how dark it's been

all winter it kept to ground always out of sight sending up a chirp or two rarely taking flight

now it sits atop a branch for everyone to see maybe another randy wren and this morning me

reminding me it's time again to rise up on the wing and resurrect at least once more my own sweet song to sing

27. at my desk

I have no idea

what that bird is in my backyard singing away at dawn and dusk

such a song
I never heard
a bird I cannot
ever see and

me sitting here typing away at something exactly like this

that cannot possibly sing I would try to make up

a few words that sound something like that song but

no poet ever could not even shelley surely never me but come over any day you want at dawn or dusk and sit

for a while with me and you will not need a poet

to tell you how a bird you never see can sing a song you never heard

28. at woodard bay

water so still viridian veneer

evergreen verdigris mirrored

buffleheads back now bobbing

sudden sunlight stains manes

and mounds of march moss

fluorescently

29. at eld inlet

one of my minds saw what was there

another saw what wasn't

neither could find happiness

today they saw each other

now we can

30. driving down state street

that bank of clouds afloat like breeze-puffed boat sails

taut-flappy duck cloth moving schooners

over hilltop treetops on the back side of budd bay

fills me up until I too billow

with well-being

31. in my living room

```
I think, therefore . . .
. . . i am
a fleck
of wave-tip light
on an endless
sunlit sea
. . . i am
on a path
straight and
n
a
r
o
w
or
i a
     m
n o
       t
```

. . . i am

exactly what popeye the sailorman says

i am:

what I am
and all what I am

32. a walk downtown and back

sudden sunup stuns air breathless so clear everything appears magic mushroom vivid down to the finest detail

just as I hear myself sing
"none of us is here for long"
a single leaf floats down
in front of me
its season complete
perfectly timed
and I think:
I hope I too
will not leave
too early
or wait too late

. . .

the bay is lathered with fog maybe 10 feet deep while I walk down the hill it rolls back slowly toward the mountains still water shaved clean

. . .

a single mallard drake preens himself at the edge of east bay iridescent neck shimmering lapis to jade and back in the dazzling light

a quartet of sandpipers squared off at corners facing center sing what sounds at first like one continuous shrill trill but soon as I stop to listen I hear their sinuous song

three crows lined up in a row along the path that curves past the back side of east bay leap into flight mechanically in sequence keeping perfect time with me as I walk by

. . .

the homeless men who sleep on the sidewalks on thurston street near the furniture connection and zeigler's welding are packing up bags and bags of stuff

I wonder as I always do where and how they haul it all day day after day until I see them again in the morning packing up one young man still asleep seems to have nothing but the small blanket pulled down over his head his bare calloused feet sticking out peony pink slicked with soot wood ash gray I want to call them beautiful and to keep looking except well of course

. . .

the four mystery trees along the sidewalk beside the doubletree hotel have many long slinky arms twisting out and about like gayatri devi belly dancing each one wrapped in a tight green sleeve of shiny round leaves spiraling from trunk to tip

. . .

and budd bay from the boardwalk well what can I say sky-high blue mirrored a hundred feet deep adorned with trees and boats and birds and clouds and docks one down there for every one up here

except for those bland nouns I have nothing

. . .

on my way back up the hill at the corner of olympia and franklin in the big store-window that is a perfect mirror the young woman I often see there staring at her reflection sometimes dancing sometimes talking back to herself stands still today inches from the glass pulling her hair back to admire her perfect beauty as I do sometimes to see mine when no one else is there to see me see me but me

. . .

on east bay the fog has retreated all the way back to the sailboats lined up in rows their mast-tips propping up a soft white cushion on top of which distant mountains now lounge lazily gazing up at an endless azure sky . .

I left later than usual today to take my walk sunday distractions and all

given what I saw I'm pretty sure at least today I did not leave too early or wait too late

33. dawn from my kitchen window

behind a murky mist the thinnest barely pink blurs

then trellises of climbing roses brighten the sky

treetops stretch up evergreen pillars push taupe-gauze tight

bare-branched maples' many slender fingers brush blushed skin tenderly

it all slowly melts from the bottom up rose petals drooping

34. east bay

sailboats ultra-white in bright sunlight slide in sidewise

steamboat billows slide down cloudbound mountains

beside a slice of blue a rainbow repeats itself in still water

like trying on three nice skies wondering which one to buy

sometimes even the sky can't decide what to wear so why should I

35. walking down bigelow avenue

huge sun-spooked clouds shapeshift: dustbowl billows

shed soft fleshy petals that waft "in lacy jags"

if carrara marble morphed modules growing nodules puffing slowly kilauea pillow lava

skilled winds sculpting abstract bodies so lovely

it would be these undulating clouds

36. low tide on east bay

"We invest each other with selves. But how can we know that what we call a self is really a self?"

Chuang Tzu

like too many toothpicks
poked into too-tiny hors d'oeuvres
too close-packed
on the too-small tray
the tide provides
on East Budd Bay
a few hundred sailboat masts
skew akimbo in tight bunches
waiting for mount olympus
that brown-gowned wraith
frowning on the far horizon
snow-coifed now
to step back a bit
making room to move

37. through my living room window

pink glaze drybrushed sidewise hand poking through puffed up ruffled grays thin wristed long skinny fingers reaching all the way from here to downtown

half a dozen seagulls black wedges drive wildly down wide whitening highways

then suddenly like me barely any longer there

38. watch

how clouds billow collide without violence yield everything they have to one another

when you are old as I am rise up with clouds where they gather speak gently if at all

body aching to behold what rolls so fast past liquid lips into empty air

plaintive voices explaining what it means to vanish that way into one another

the opposite of me the opposite of you the opposite of separate the opposite of afraid the opposite of wait the opposite of words

39. just thinking

every day advance this to that

what's left behind decides that itself by not saying stay

what stays is me turning into more me

if you want to be more me then say stay

40. rain

just ended hemlocks bend boughs low weighted wet friendly hands extended

beneath I deeply bow

reach up slender fingers intermingle so tenderly with mine

41. still life

leaf-shadows quiver on the sofa back

one spear of sunlight thrusts through

the almost closed door

slicing apart the floor

filigrees of leaf and wrought iron

chair back shadowbox

on the wall beneath a painting

of orange clouds at sunset

42. from my front porch at dawn

black-robed cowl-hooded hemlocks file into pews steepled hands lifted to high heaven praying maybe to that one vague wavy cloud engraved into granite gray or the three crows that fly raucously by five seconds and gone

as day breaks
I see more clearly
there is nothing
here but the trees
and me on
opposite sides
of the same street
waiting breath
abated to be swept
up in a rapture
of nothing
but dazzling light

43. after walking downtown

every day find some little way to become

what you were before you knew boy from girl

here from there now from before from after

that leaf say swaying down to settle at your feet

the tiny bird you just heard from a twig overhead its bit of song flirting with the tip of a curved beak

strong enough to lift you to the clouds and carry you

as far away as it takes to become who you were

before you made all those other yous the world expects you to display

every moment of the day except (if you say so) this one

44. think

what it might mean

today

to say out loud I love you

if you are alone
walking in the woods
among winter trees
their svelte delicate arms
outreaching
so openly
they will smile
understanding

never say
I love you
back
knowing
you will know
that everything they know
about love
is in words
that cannot be heard

except
we will be here
when you come back
tomorrow
lovingly
by yourself
with us
another ordinary day

you may say I love you all day long to children the glossy wings of those words gliding perfectly through the crystalline air a bright white wedge dissecting the bluest of skies swooping to a soft landing in the greenest grass that grows in that wide field at the top of the hill where you always end your imagined walks with them together

and you may
say them
smilingly
to any passerby
on the street
who will assume
a lunacy
of loneliness
or the out-of-tuneness
of Jesus
sounding loose
even stupid
so barren there
in the open air
when they cast

eyes askance
and walk past
at an obtuse angle
as if they cannot hear
or nod smilingly
to say
silently
safely
thank you
even if I can't now
know for sure
or say
that I love you too

be wary though with those who barely know you out there in the marketplace of giving and taking wanting and needing where those three words are a worrisome currency care there is imperative say I love you even beneath your breath and those who overhear will tighten recoil slightly eyes dipping tiny invisible anxieties gripping the corners of their lips tipping them down

but always and I mean always in the lush hidden chambers of your own heart where you speak to yourself ceaselessly

say I love you over and over an endless loop as if those are the only three words you still remember

ever need

to hear

or to think

45. at woodard bay

after days of rain bright sun bakes moss-caked branches dry

little stacks broken open stoke smoke wafting up

even roof beams and mud banks stream steam back to blue

46. olymptomistic:

a workweek of tiny poems walking past the state capitol

> flapjack clouds stack up: syrup pouring

afloat on waterspouts: angel wings

trees part their fingers: peek-a-boo

reclining on an elbow: repose

47. downtown doubles

sometimes sun so stuns buildings boats bridges they step outside and find out how it feels to see themselves exactly as they are

48. june full moon on my kitchen floor, 2:45 AM

strawberry moonlight on blueberry marmoleum

mmmm-mmmm

49. lying on my bed

two left feet? dance anyway!

50. dawn at budd bay

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there
the rare
pink tint
skinny fingered
daring dawn
to linger
I fawn
want to
fondle
fondly
but
it is way
too
S
m
f
m
S
y
and now so
gone
Ī wonder
```

was it ever

like love when it leaves

even there

51. mirror images on woodard bay

to touch the sky

you can climb up sixty feet and reach up or wade out knee deep and reach down

52. at eld inlet

the woodpeckers creed: knock knock knock knock and it shall be opened unto you

53. flannery o'connor logic #1:

some days I must be such a good man

because I am so very hard to find

54. flannery o'connor's good man meets wallace stevens' snow man

"reflect everything; hold nothing."

Lao Tzu

some days look long and hard as you like

you'll find "nothing that is not there and the nothing that is"

55. flannery o'connor logic #2

"reflect everything, hold nothing"

Lao Tzu

... some days the really good ones

I find every thing twice

with

out

me

56. for hank williams

first light flirts with the ragged edge of mount olympus cardboard-cutout flat blocking the way back

a phalanx of sailboats march in place spears upright waiting for orders to advance

a man rows furiously down the wrinkled sleeve of east bay unable to go home

so lonesome I could cry

57. for carol on her birthday

down here

I watch wistfully and wonder

why my wings won't work without you

up there

58. salmon run from 5^{th} avenue bridge

salmon seethe

seal swirls beneath

water boils flesh flaps hapless

between teeth I deeply breathe

59. wise eyes: no lies

this wise tree's eye has lips

so it always says exactly what it sees

60. the five stages of grief

log stump leaves boulder sunlight

"Without dwelling there: that's the one way you'll never lose it."

Lao Tzu

the little people came and went in august as they always do

reminding me that space is never empty once it's lived in

so every day
I pick another place
and build a tiny home
to leave behind

"Keep up self-reflection and you'll never be enlightened."

Lao Tzu

when light is right golden droplets drizzle down

on the one tree no one seems to notice

reminding me to pay attention to understories

even when light falls everywhere but there

"When you never strive you never go wrong."

Lao Tzu

some days light starts out way over there

and before I know it is right here

sudden surprise for my eyes incandescent

reminding me to keep on walking until I get it

"Simply give up contention and soon nothing at all beneath heaven contends with you."

Lao Tzu

trouble dont last quite as long

if you leave out the apostrophe

"Try to improve it and you ruin it. Try to hold it and you lose it."

Lao Tzu

water never stops flowing out of fear

or spite or self-doubt never asks

what is the point how to

do more or be better than it is

just trusts in the way and falls

"Indulge love and the cost is dear."

Lao Tzu

when here is no place you can stay

and there is nowhere you can see

remember you still have wings

to take you neither here nor there

"Reflect everything, hold nothing."

Lao Tzu

some days every cloud left in

is twice as nice with me left out

"To know people is wisdom.
To know yourself is enlightenment."

Lao Tzu

to know who you are and aren't what you mean

and don't where to start and when to stop

that is wisdom

to wake up laughing for no reason whatsoever

that is enlightenment

"If we can't stop fearing those things people fear it's pure confusion, never-ending confusion"

Lao Tzu

sometimes in dense fog's tense stillness

far and near shear and what is here

becomes so clear fear of what is not

disappears ending pure confusion

"The less people understand me the more precious I become."

Lao Tzu

the best way for me to be happy today

is to become a much more wondrous me

without worrying how silly I will seem to you

"A sage sees through himself without revealing himself loves himself without exalting himself always ignores that and chooses this."

Lao Tzu

it's ok if you don't see me

when I see you I see me

"When people devote themselves to something they always ruin it on the verge of success."

Lao Tzu

Alder bark is parchment soft, perfect for carving.

On one I used to walk by, a heart arrow-stitched, meticulous script:

JC loves AW

Right beneath, huge letters gouged out helter-skelter:

IT'S ALL FAKE Day by day I'd wonder: One or the other betrayed, hateful? Someone else

enraged, forewarning? One day I wondered: Which came first?

All I know is this: nothing in this world is fake: love, hate, rage;

just decide day by day which your knife will carve in bark.

"Once names arise, know it's time to stop."

Lao Tzu

this morning I couldn't tell if the first gull

I saw fly off was the one just coming back

all that confusing sleight of flight in the meantime

forcing me to focus more on what keeps

changing and less on what stays the same

"To grasp all beneath heaven, leave it alone. Leave it alone, that's all and nothing in all beneath heaven will elude you."

Lao Tzu

If I keep my mind mirror clear as this still water

everything that comes near gets to be here

twice: once as itself once instead of me

"To forget the whole world is easy; to make the whole world forget you is hard."

Lao Tzu

today this deer sauntered along eating her breakfast

right in front of me as if I wasn't even there:

to see without being seen forget you are here

and soon all fear disappears both there and here

"You can resolve rancor, but rancor always lives on."

Lao Tzu

when love goes awry

there is always a path to after

never a way back to before

so take each next step with care

"and when all beneath heaven is yourself in love you dwell throughout all beneath heaven"

Lao Tzu

treetop wind is a torrent pouring over stones a roaring crowd heard from a car droning tires drowning out the sidewalk whispers of two lovers about to kiss coveting white noise to hide what they hope to hear from each other

the voices of my ancestors rising up from eternal silence to sing chorally one true note I can sing back for air to carry up to treetops quivering now ever so slightly wind's fingertips caressing every single slender stem at once

"If we didn't have selves what calamity could touch us."

Lao Tzu

a tiny wren zig-zags twig to twig to twig

veering every which way to avert calamity

the only hint of fear in the air mine

"Words go on failing and failing, nothing like abiding in its midst."

Lao Tzu

how these clouds so moon-molten a few hours ago

then lead-heavy when the backlight turned off

now dawn-doused can flaunt such feathery fluff

words go on failing and failing to explain

"Whatever heaven sustains it shelters with compassion."

Lao Tzu

a skittering towhee jitterbugs through leaf litter finding

just what it likes right there at the tips of its toes

"The further you explore, the less you know. So it is that a sage knows by going nowhere."

Lao Tzu

follow the signs on trees and you'll go nowhere knowing more and more

"Those who know don't talk; those who talk don't know."

Lao Tzu

easy to stop talking once you've said

everything you had to say

the trick is getting there more quickly

or not needing to get there at all

83. final fall's small: Happy Thanksgiving!

"The more you do for others the more plenty is yours, and the more you give to others the more abundance is yours."

Lao Tzu

to understand another's abundance

think "I'll be more you and less me

until you become more me and less you"

With thanks to Lao Tzu who inspired this series.

With thanks to David Hinton whose translation of Tao Te Ching (Berkeley: Counterpoint Books, 2015) provided the epigraphs that prompted my "fall's smalls" tiny poems.

With thanks to the beautiful natural wonders in and around Olympia which provided the accompanying images.

84. at the bottom of bigelow avenue

the road is dappled pink last week's twig-tip razzle now dazzling at my feet

a single petal sashays down and settles on my shoe-top:

this moment . . . this morning walk . . . this tiny poem . . .

this silly life of mine

Paul's other books:

Poetry:

insta-poems (2023)
light/waves (2022)
first: my newer tiny poems from (t)here (2021)
slights: my new tiny poems from here not there (2020)
September Threnody (2016-23)
In the Dark (2016)
Harvest Moon (2016)
Li Po-ems (2016)
Mornings After: Poems 1975-95
Beginning Was (1980)

Personal Essays:

waking up (2023)
In Dreams . . . (2022)
Living Hidden (2021)
Harvest (2020)
Spring Forward (2019)
The Imagination (2019)
A Mind of Winter (2019)
First, Summer (2018)
Last Spring (2018)
This Fall (2016)

Scholarship:

Re-reading Poets: The Life of the Author (2011) Writing/Teaching (2001)