

A woman with long dark hair, wearing a dark brown V-neck t-shirt and blue jeans, is sitting in a lotus position on a concrete sidewalk. She has her eyes closed and a serene expression. Her hands are resting on her knees in a mudra. The background shows a city street with a fire hydrant, a fire truck, and a white signpost.

cc&d supplement
ISSN #1068-5154

Janet Kuypers
peace poetry
presentation
at the Bahá'í Center
Saturday 8/6/16
after bpm in Austrn

Thoughts on Peace

Janet Kuypers

Queen ISIS (battling for peace)

Try to remember your breathing exercises.

Inhale.

Exhale.

The drive-by media talking heads hurl
insults,
hatred
for either contender for the next President of the
United
States.

See the screen's ticker of the number of dead
from the last
mass
shooting.

Fort Myers. Dallas. Nice. Orlando. San Bernardino.
Sandy
Hook.

Try to remember to focus on your breathing.

Inhale.

Exhale.

The past floods you. Boston. Columbine. Waco.
Wisconsin's
Sikh Temple.

This breathing alone doesn't take on terror.

When strikes

hit Egypt,

remember the Egyptian Goddess ISIS, patroness
of nature
& wisdom.

Her crown was actually a throne, the seat for
her child,
the Pharaoh.

She listened to the prayers of the aristocrats,
the wealthy,
the rulers,
but she was also friends to the downtrodden,
the sinners
& the slaves.
Goddess of rebirth, ISIS was first child to the Gods
of Earth
and Sky,
ISIS was also goddess of reincarnation and the
protector
of the dead.
Isis' magic spells & rituals were revered for
protection
& healing.

You know, this breathing is getting easier now.
Inhale.
Exhale.
But it angers me how her name's been usurped
by terrorists
who kill.
And sure, ISIS was worshipped in Pagan religions
but Iraq
& Syria
took her name and changed the meaning from
another
God
to cause chaos, spread their hatred & slaughter the
masses
with impunity.

Wait a minute. Get back to breathing.
Inhale.
Exhale.
Because the Islamic State of Iraq and Syria
may mean
evil,
but these terrorists will never win when you have
Earth
and Sky
on your side, because peace isn't magic when
health
& protection
are on your side, thanks to the *better* ISIS, ruling
nature
& wisdom.

I tell you, remember to keep your breathing.
Inhale.
Exhale.
Because if history battles for the ISIS name,
remember:
the legacy
of true peace and love with the Goddess ISIS
will
always
win.

Choices we Make

exerpts from the v249 cc&d "Invisible Ink" editorial

Recently I watched a History Channel show that discussed the history of mankind on planet Earth. And when humanity got toward the Middle Ages, they mentioned that at this time people then started *farming* animals for food, and once they did, infections moved from animals to humans, starting many plagues. Translation: when they started treating animals as livestock for mass consumption, that's when plagues came on the scene, killing massive portions of the population.

So fast forward to meat production today: people even now still think, 'oh, we know how to take care of ourselves now, so we can cut corners in how we treat the animals so that we can mass process them and produce more meat so that we can feed a larger population (and have higher profits).' I get it; making things on a mass scale means cutting corners to get more done, but oftentimes people forget what they sacrifice for a higher profit.

Think of it now: how many times have we heard that, say, salmonella has caused a whole shipment of food to be bad, so news reports say to check the codes on the packages of processed food you buy to make sure they're safe? Or how many times have we heard that another animal with Mad Cow disease has been found, so if anyone ate meat from X restaurants (or purchased meat from X grocery stores), don't eat what you paid for, and if you consumed any meats from X, check to see if you have symptoms Y or Z.

They don't tell you to consult a physician immediately because they wouldn't want to scare you... And everyone has too much invested in the meat industry to tell you that consuming meat might be a bad idea.

It is possible to have enough protein with a plant-based diet. China lived with plenty of protein and no real red meat and never had a problem with their diets — until they adopted a western, fast-food diet. (That is when they started getting the heart attacks and type 2 diabetes, living the American dream.)

We blindly think that we need more red meat to get more protein, but when people eat so much protein the way Americans do, your body can't process the excess protein, and actually pulls the calcium away from your bones to help get the extra meat through your body — who knows, maybe THAT's why so many more people get osteoporosis now too.

Globally, we could be feeding 17 times more people with the same resources used for meat production — and that's not even a moral argument, it's just a more peaceful one. Because really, less killing and more peace is healthier for you too.



Everything was Alive and Dying (2016 cruelty to animals edition)

I had a dream the other night
And in it
I walked out of the city
to a farm road
where the square acres of living land
just started to bloom
displaying a colorful checkerboard quilt
as far as the eye could see

I walked along the empty road
next to the crops at three thousand south
and a small little pig
walked right up to me

now, this little pig
didn't look like a farm pig,
he looked like a ten inch
pot-belly pig
and he walked right up to me
and he said thank you

for not using cosmetics
tested on animals,
I know you humans are pretty smart,
so there's gotta be a way
to make yourselves pretty
without killing me

and I said,
I think the companies
don't worry about the animals
unless the chemicals are toxic,
meaning it's toxic to humans

the little pig then snorted

which lives are worth saving,
the little pig then said

cut-throat corporations
don't answer questions like that,
I said.

And he said I know.
But thank you anyway.

*

Yeah, I had a dream the other night
I walked out of the city
to a forest
and there were neatly paved bicycle paths
and trash cans every fifty feet
and trash every ten

and then a raccoon came right up to me
she had a few little baby raccoons
following her, it was so cute, I
wish I had my camera

and she spoke to me,
she said, thank you
thank you for not buying furs,
I know you humans are pretty smart,
you have to be able to figure out a way
to keep yourselves warm
without killing me

and I said, you know they don't
do it for warmth,
they do it for fashion, they do it
for power. And she said I know.
But thank you anyway.

*

Then I walked a little further
and there was a stray cat
she still had her little neon collar on
with a little bell
and she walked a few feet,
stretched her front paws,
oh, she looked so darling
and then she walked right up to me
and she said thank you
and I said for what?
And she just looked at me for a moment,
her little ears were standing straight up,
and then she said, you know,
in some countries I'm considered
a delicacy. And I said how
do you know of these things?
And she said
when somebody eats one of you
word gets around
and then she looked up at me again
and said, and in some countries
the cow is sacred. Wouldn't they
love to see how you humans
prepare them for slaughter, how you
hang them upside-down
and slit their throats
so their still beating hearts
will drain out all the blood for you
and she said isn't it funny
how arbitrary your decision
to eat meat is?
and I said, don't put me
in that category, I don't eat meat
and she said I know —

and then I woke up in a sweat.

On a High Horse Like This

I listened to a hunter from Africa
say
“all life is sacred”

and he said that after separating
a small, thin, non-venomous snake
from around a large African hawk-like bird's neck

because you see, the bird attacks snakes,
but that snake couldn't eat the large bird once it died:
that would have been a senseless death.

“all life is sacred,” you say.
so I couldn't help but think:
as a hunter, do you pray for the sacred dead

after you killed it?

I mean, I don't usually vocalize
when I'm on a high horse like this

and I've had to explain myself
to meat eaters:
no these aren't leather shoes

I wear; I'm a vegetarian.
though I still have to feign a smile
to commiserate with men eating slaughtered

animal. cause you see, I'd look like a fool
for having beliefs. people don't want to hear about
a moral choice different from their own.

I mean, we're Americans,
if it's not human,
or maybe a dog or a cat, eat it. it's that simple.

###

but I married a hunter
a marine who served our country
and he told me

that every time he killed an animal
a part of him felt a regretful twinge of pain
when he killed his prey.

the prey that he searched for.
with a weapon he could use
before anything got close enough

to be an enemy.

oh, I'm sorry.
I'm getting on my high horse again.

it's convenient that people
can get their kill from the grocery store
without getting any blood

on their hands.
anything to stop everyone from thinking
about what they're doing.

because I've heard that killing something
makes you feel something.
And I thought:

Janet Kuypers
www.janetkuypers.com

For U
Infant
on
Loft
312-632-9566

scars publications
<http://scars.tv>

Writing Copyright © 1995-2016 Janet Kuypers.
Photography Copyright © 2006-2016 Janet Kuypers.
Design Copyright © 2016 Scars Publications.

Come to Scars for books, magazines, writings, audio, video & more.
<http://scars.tv> Scars Publicatoinis