

# On Being Cured of Psychotic Behavior No. 3

My mind is like a sheet of glass  
wiped clean.

I breathe on it and  
a lake appears.

I breathe again  
and see

monks  
walking in prayer  
on its surface.

Insanity is a bottomless pit

I fall into

until I am ready to accept  
reality.

Each person I love  
lifts me up.

I shall grow wings  
and fly into the sun.

Al Todd.