

Gunther Hammel

The Way, Vol. I –
Practical Poetry
Inspired by Stoicism

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Practical Poetry
Inspired by Stoicism

For mom; because you encouraged me to do what is right, not what is easy. For dad; because you are my watcher.

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On Philosophy

Philosophy should
make you warmer to the world,
not cold or detached.
We're here an instant;
to spend time lamenting life
would be wasting it.
Instead, make of use
the power you are given
to help those near you.
Same as your body,
your mind needs to exercise,
so **read, learn, think, act.**
What good is it if
you stop after reading and
put none to practice?
Would a star athlete
watch tapes and then do nothing?

Only if they're hurt.
Luckily, if so,
your mind is unaffected
if you choose it's not.

On Being a Part of the Whole

Everything that is –
your hair, toes, eyes, hands, fingers,
brain, heart, lungs, feet, limbs,
coffee, tea, bagels, lasagna, pizza, salads,
mushrooms, peas, apples,
pets, brothers, sisters,
mothers, fathers, sons, daughters,
cousins, grandparents,
kitchens, pipes, houses,
streets, stop signs, neighborhoods,
cities, states, countries,
continents, oceans,
comets, asteroids, planets,
stars, solar systems,
galaxies, parsecs,
superclusters, and, in fact,
the whole universe –