

Gunther Hammel

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

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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 –