Happiness

as i was getting off the bus, i hit my head on the top of the doorway.

at the exact same moment, a cloud containing a chance mixture of brain-altering chemicals wafted into my nose.

the combination of the jarring impact and the olfactory stimulant aligned my neuronic impulses in a perfect concatenation of endorphin, enkephalin, oxytocin and the free flow of electrons.

i became happy.

i had no reason to be happy.

my foot was sore.

my pickup truck was in the shop.

my dog was on antipsychotic meds.

yet, until a new breeze blew a unique arrangement of carbon and nickel-cadmium oxide dust into my brain and the pain in my head subsided, i remained happy.

many times now, i have smacked myself upside the head while breathing the scent of calendula, cyclamen, strawberry or diesel.

it has availed me nothing.

if you have the answer, [adam.richards@sympatico.ca](mailto:adam.richards@sympatico.ca).