**No Mas**

*Rabbit Creek- August 12, 2015*

I Am Ditching The Nightly News.

Nothing But Murder War Hate.

Taking Heads. Lying Pols. Dark Blues.

Nothing. But Nothing.

Nothing Else For A Pilgrim To Do.

I Am Snapping My I Phone In Two.

I Am Sticking My Head In The Sand.

Plugs In My Ears.

Hands Over My Eyes.

Done With Worry. Angst. Terror. Fear.

Donning My Its All Right.

Feel Good. Disguise.

Giving Truth Up With No Fight.

Blind. Dumb. Deaf.

To Reality.

Walking Away From The Sun.

Into The No Nothing Night.

Masking All Verity.

No Mas.

To Think. Hear. Know. Care. See.

For It Just Hurts Too Much To Perceive.