

Steven Koontz

Weekly Exercise 5 – Poetry Based on 2D Art – “Reflection”



Two halves of ego live
as one, entrenched in civil war.
One thinks, one feels, and often
one tends to influence more.

The thinker sees the world
as gray, with reason as its tool.
A cold and anxious nihilist
concerned with only rules.

The feeler dreams the world
in hues, creating as it goes,
reality it wants to see
and when allowed it does.

But thoughts won't let the feeler be
and feelings make the thinker think.
internal struggle, that's enough
to push man right up to the brink.

How hard it is to one day be
Embracing Novel, Feeling Joy,
and then have
Existential Nagging Thoughts Jump
in and just annoy.

One moment using logic
makes a good mathematician.
Next moment feeling rhythm
transforms one into musician.

When both the thinker and the feeler
fight to use their talents,
it's hard to find identity
and achieve mental balance.

But that's the nature of the game.
That's what it means to be.
And when you look at your reflection,
which one do you see?