

*A racing mind's moment of peace. Written in Bay of Islands, New Zealand, while staring out to sea.  
Included in my book, "Cigarettes and Rocket Ships"*

- Scott Delaney, 2017

## **EMPTY MIND**

I don't mind  
an empty mind.  
I don't get  
a lot of rest.  
My head spins  
on rapid go;  
thinking whirrs,  
unyielding noise -  
manic throes,  
relentless thoughts;  
half-knot wants,  
forever haunts.

But today,  
my head is calm.  
Sun-filled wind -  
renewed brain balm.  
Won't last long.  
It never does.  
But for now,  
it's epic peace -  
next one brings  
eternal ease.