

Table of Contents

Journey Maps	1
Even Ants	2
It Begins in the Hogan	3
The Bookaholic	4
You are of the Hogan	5
One at a Time	6
The Captain of the Ants	7
Formidable Mountains	8
I Ride the Back of Pennies	9
The Sleep Over	10
Finger Pointing	11
Work in Progress	12
Satu-Rainy-Day	13
This Native Land	14
The Wooshkully Man	15
Fireball	16
Called Them Out	17
As the Plants of Corn	18
Near a Simple Shepherd's Hogan	19
Broken and Discarded	20
I've Got It!	21
The Thin Road	22
Autumn Time	23
Dance upon the Plain	24
The Haunting	25
The Common Core	26
Grandma's Eyes	27
To Wonder the Clouds	28
Mental Floss	29
Prairie Dog Dreams	30

IT BEGINS IN THE HOGAN

It begins in the hogan,
There, on that dirt floor,
Where there are no distinctions
Between rich and poor,

Only the love and acceptance
That a family brings,
And the accumulated blessings
Of the healing sings,

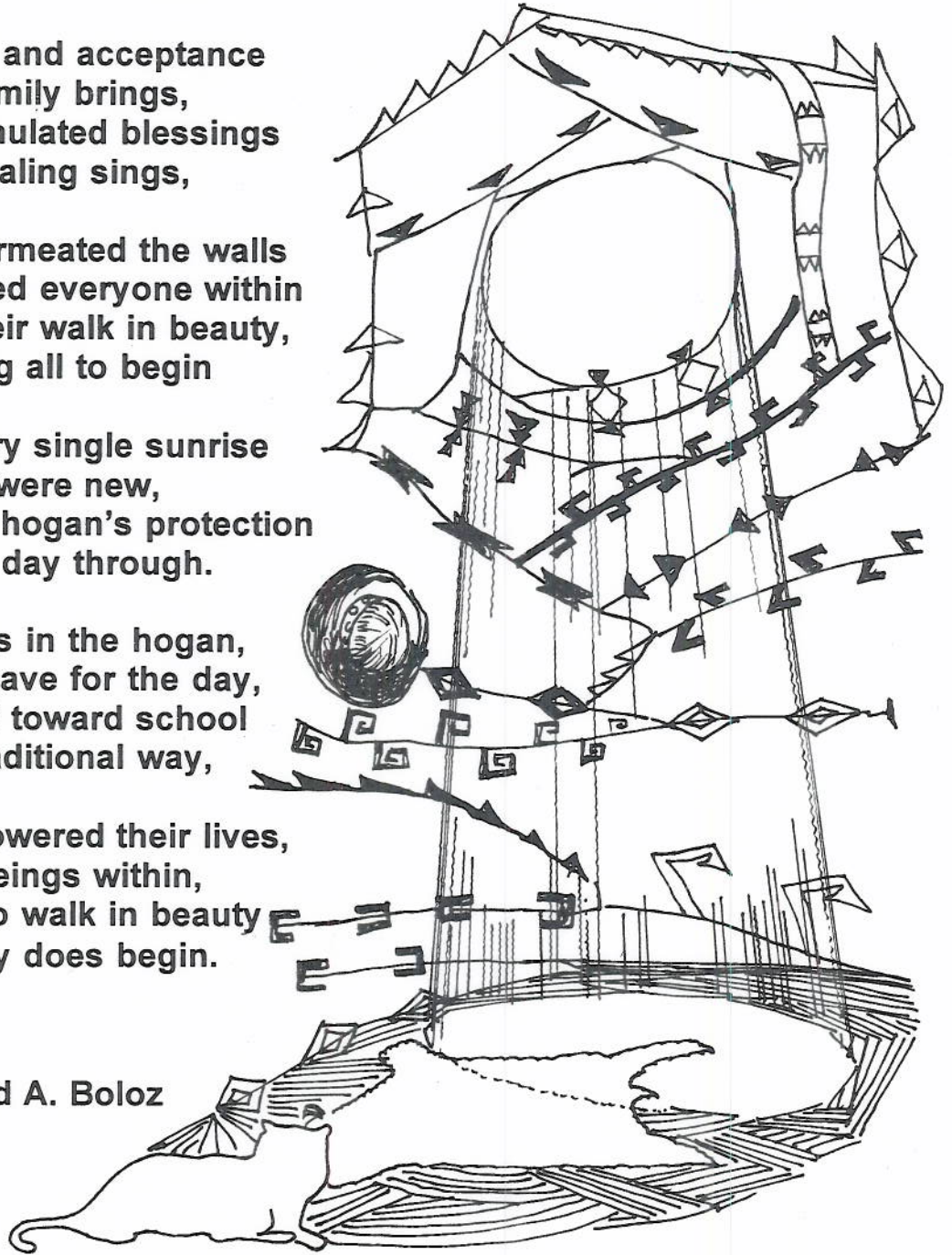
Which have permeated the walls
And strengthened everyone within
To continue their walk in beauty,
By allowing all to begin

Each and every single sunrise
As if it were new,
And to carry the hogan's protection
The whole day through.

This all starts in the hogan,
As children leave for the day,
And head off toward school
In their traditional way,

For it has empowered their lives,
And the beings within,
To continue to walk in beauty
As each day does begin.

Sigmund A. Boloz



I RIDE THE BACKS OF PENNIES

Have you ever considered where a penny has wandered,
Where that small coin may have been?
Have you ever wondered about the places it has travelled
Again, and again, and again?

Have you ever thought about whom else may have touched it,
Ever wondered to whom that penny did belong,
Ever thought that pennies sit in pockets,
And that travellers take their money along?

Well, I ride the backs of pennies
And I've travelled just about everywhere,
Because I ride the backs of pennies
As my imagination takes me there.

Because when I'm alone and bored,
When I don't have much to do,
I find all the pennies I own
And start searching my way on through

Until I find an interesting one,
A penny, brown and thin,
Then I close my eyes and imagine...
Where that old penny has been.

And so, I have traveled just about everywhere,
Everywhere that I have heard of or I know,
For I have travelled on backs of pennies,
Wherever my mind and pennies can go.

Sigmund A. Boloz

FIREBALL

The beginning is always uncomfortable.
The adjustment is hard.
Sometimes it's downright painful
As chemicals bombard

Your taste buds
And then spread within as they race,
Seem to burn your tongue,
Your mouth, your lips and your face.

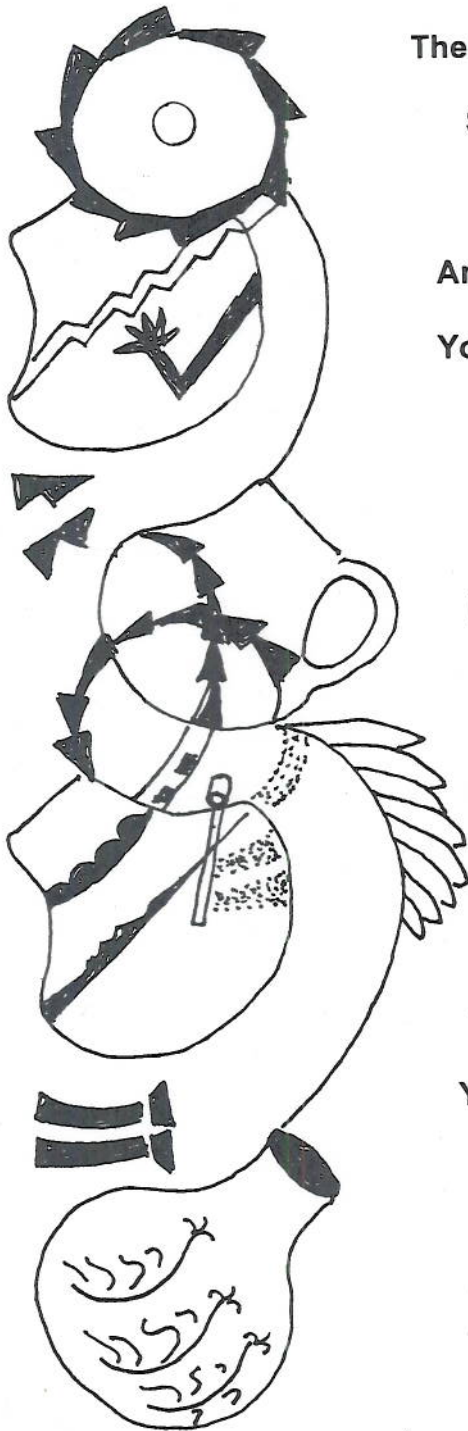
Those new to this pain
May refuse to go on,
May dismiss the task
And may be glad it is gone.

But those who know life's secret,
Know that quitting is cheap,
For the pain in the task
Is no more than skin deep.

Perhaps, for some a little longer,
But less long for those few
Who attack the task vigorously
Until they work on through.

For once the hard work is done
The reward is consistently sweet.
But if you don't stick with a task
You'll almost never get to the treat.

Sigmund A. Boloz



MENTAL FLOSS

Sometimes it depends on what you feed yourself,
If you chew for a while,
Or if you allow all that stuff to get stuck up there
In one big massive pile.

Sometimes it depends on if it just sits there,
Jammed in there tight,
And if you can't access it again,
Pry with all your might.

And in times like those you've got to just
Pull out a piece of floss,
Stick it in one ear,
Pull it back and across.

Perhaps it's a good idea,
Every once in a while,
To do some mental flossing
To unjam an old pile,

To get those juices flowing,
To make some room for plenty more,
Then to go right out and learn
Until your brain is hot and sore.

But you have to use what you learn
Cause information often comes too fast,
Or else it will become stuck
As it tries to come zipping on past.

So next time you kinda remember hearing an answer somewhere
To a question someone asks,
Take out a piece of mental floss
And set yourself to the tasks.

Perhaps it's a good idea not to wait
To unjam an old pile,
But to do some mental flossing
Every once in a while.

Sigmund A. Boloz