

# THE COLORS OF FEAR:

*Some Thoughts on Emotional Blockage*

Why bother loving anyone?  
What's the value in opening up?  
Why should we trust other human beings?  
Don't we experience enough suffering?

Isn't it simpler to be alone -  
letting warm passion turn to cold stone?  
Isn't it wiser to still the mind -  
seeking happiness only in abstractions inside?

With thoughts like these  
I've clipped my wings  
& closed all doors  
to intimacy with other human beings

In the zen of insularity  
a hollow quietness is reached -

the satori of a single hand clapping  
is a wonderful, yet ultimately empty peace.



**Cantara:** (blowing her nose melodramatically) This poem is so wimpy!

**Tim:** (chuckling) Yeah, this guy is such a loser! Those who fear never love.

**Miok:** (a bit sternly) Since most human love ends in disappointment, at times I am tempted to ask, "Why bother?"

**Tim:** You miss the point. (half-earnestly imitating Yoda from Star Wars)  
Disappointment and pain are part of life and growing. Disappointment and frustration simply mean we have more to learn . . .

**Chris:** Ah, cut the crap! Maybe I don't wanna learn . . . often the ignorance is preferable to knowledge. Before Adam and Eve ate the forbidden apple, weren't they both content?

- T Newfields

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