

A LOAF OF POETRY

Naoshi Koriyama

you mix
the dough of experience
with
the yeast
of inspiration
and knead it well
with love
and pound it
with all your might
and then
leave it

until
it puffs out big
with its own inner force
and then
knead it again
and
shape it
into a round form
and bake it
in the oven
of your heart

詩的麵包

郡山 直

調製
經驗的麵團
和以
靈感的酵母
以愛心
仔細搓揉
用盡全力
捶打
然後等待
直到

麵團膨脹
飽滿有力
再次
使勁捶打
而後揉捏成圓形
放入心靈的
烤箱
烘培成詩的
麵包

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