

*We are all at once both a composition and a composer. We have the ability not only to compose the future of our own lives but to help compose the future of everyone around us and the communities in which we live.*

—Maya Angelou

## THIS DAY/THAT DAY

December 1, 2016

*Pauline:*

This day

A double rainbow over our city of Kingston

Reveals

This is really happening

All is real as any rainbow

A display

Being and Non-Being create each other

Or so they say.

I shall return to check that this is really  
happening

You shall return to check that this is really  
happening

*Pauline:*

Uranus cycles through your stars

Returning in your eighty-fourth year.

Crow eyes me through the kitchen window

Our skylight opens to the myriad lights and  
The 10,000 Interviewers want to know  
your process  
more than ever before.  
Speaking with the BBC you say:  
“Yes—some do place a feminist interpretation  
on it,  
but I was not thinking of that when I created  
*Bye Bye Butterfly*.  
I was in the studio and I knew I wanted to use  
a record.  
So, I just reached for one on the shelf,  
without knowing what it was.  
It turned out to be *Madama Butterfly*.”

*Pauline:*

You are here!

You are not here!

*I don't understand what day it is. Days have  
fallen in between spaces. Remember to  
remember We will survive this.*

*Pauline:*

One day,

We are tossing exotic crumbs,

strolling by the Rondout Creek,  
Your words float in the wind:  
“I chose  
Rosa Parks Day  
December 1, 1955  
because ...”

*Pauline:*  
You chose that day  
Because  
You are drawn  
to truth  
and the extreme essence  
of listening  
in deep time.  
Listening  
to the heart  
of the world.  
That day  
Rosa Parks did not give up  
her seat.  
There was a power within her.  
“I wanted to be free ...  
so other people would be also free.”

*Pauline:*

You are free and  
traveling through  
Sounds of Great Liberation.

No matter the venue,  
the composition  
is the listening,  
Sounding,  
Dreaming.

Being

and

Non-Being.

Choosing

in each

moment

until the listening of all  
is heard,

and everything you do

is in all ways

New

—IONE