

YOGA PUZZLE POEM

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Hey diddle diddle, the cat and the friendly cow,
with all their might, jumped over the half moon.
On the other side, they saw the first
warrior shooting arrows from his bow at a coiled
cobra, while silent monkeys lunged
from tree to purple tree. Running away, cat and cow
stumbled upon a corpse. Leaping, they landed
in a swarm of locusts and dragonflies,
but pigeon wobbled in, scattering the insects
into the wind. Cat and cow traipsed on. Soon they spied
a chair and a table with a lotus floating in a bowl.
Guarding the lotus, loomed a lion, silent
as a sphinx. Cat and cow did a sun salutation saying,
tell us a story so Lion spoke of frog, who went
courting in a pea green boat by the light
of the crescent moon, and when the boat reached shore,
frog hopped down the plank, dolphins popping out
of the water to greet him. In the shallow, frog came
to a crooked bridge, upon which sat a child, fishing line
triangled in the plume. Swooping down, a heron snatched
at the fish on the end of the line but frog did a handstand
into the water, startling the bird off over the deep
blue sea. After the story, cat and cow waved
goodbye, and climbed to the top of a mountain. Unlatching
a wooden gate, they followed a stone path round
to a gingerbread house and knocked on the door. Out came
the cobbler with his happy baby. *If you see scorpion or an eagle,
don't be a hero, call for goddess. She will bring the second
warrior*, he advised. Cat and cow nodded and turned to follow
the downward facing dog who was trotting down the mountain.

Music professor Joanna White, DMA and MA, has works in several literary journals, including Healing Muse, Intima, and the "Poetry and Medicine" column of The Journal of the American Medical Association (JAMA), among others. Her first poetry collection, Drumskin and Bones, will be published by Salmon Press (Ireland) in 2021.