

Ben Sweatman

The Little Poem of Calm

Can you bring your washing down for me, please?
Who drank the last bit of milk, and put the empty bottle back in the fridge?
There's Marmite in the margarine! Are you two arguing again?
I only just bought this cheese and it's already going mouldy!
Damn, I forgot to bring any bags. Now, I've got to pay for carrier bags.
But I haven't got the correct change. I know. I know. I'll have to put extra in.
Have you sorted your washing yet?
Now this CD is skipping. I thought they were meant to be indestructible and last a thousand years?
Don't you just love it? You're walking along the pavement merrily minding your own business and
the idiot in front just stops dead in their tracks forcing you to perform some kind of dance
manoeuvre around their suddenly innate form.
You've put the toilet roll on backwards! Well at least you're replacing it and I don't have to waddle
across the landing, like a constipated duck, with my trousers around my ankles.
Did you leave the lid off the toothpaste again?
I've just sat down to eat, where the hell has the remote control gone?
Do not make me repeat myself about that damn washing.
You may well have found a funny little post and shared it on Facebook but I assure you there is no
such thing as a floordrobe!
Do we not have a single sock in this house that actually has another matching sock therefore making
a complete pair?
Why, why, why would you put an open crisp packet in the cupboard upside down?
And now I've broken another mirror. What did you think was going to happen when you left it on
the floor hidden beneath a towel?
Seriously, where the fuck is that washing!

When the world goes crazy
When the world goes mad
When chaos swirls around me
And when I'm feeling sad

I find strength, relief and a guiding light
A soothing, soulful balm
When I take a moment to recite
The little poem of calm.

Now step outside and close the door,
Breathe in, breathe out, drink in the sky.
Behold the clouds, the moon and more
Try not to think, don't ponder why.

There is a place inside you, a small oasis of peace
Where you can shelter from the storm, enjoy a brief relief
Even if it's a fleeting, fragile-seeming release
This essence of calm will help your soul find a way to embrace belief.