

# HARMONIZING WITH JOY

***Harmonizing with Joy*** by S. Renee Mitchell

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Performed by S. Renee Mitchell

*I am so grateful to be able to join with All Classical Portland in sharing empowering words - through a poetic form - that provides a reminder of the necessity of joy during a tumultuous time. As a heARTivist, I respectfully honor my role in society, which is to create from the depths of inspiration. I see art as an act of worshiping the best potential of the truth, a dogged reminder of the spirit of hope, and an invitation for all of us to re-imagine our individual roles in inspiring positive change in others. - S. Renee Mitchell*

## ***Harmonizing with Joy***

waving  
beckoning  
signaling to u  
at the threshold of chaos  
is a new possibility  
a glimmer of light  
a clarion call  
have u not been listening  
covid's normalcy has stolen yr contentment  
it has pointed u  
toward an uncertain picture of the future  
where u are lost in the details  
riveted by the fatalistic view  
of death destruction societal decline  
everything u don't want to hear  
u listen to  
over & over  
over & over  
over & even more  
expecting  
wishing  
demanding

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# HARMONIZING WITH JOY

life's sound track to change  
into something a little less  
hopeless  
u must have forgotten  
u have the power  
u. have. the. power.  
u are powerful enough  
to adjust yr dial  
tune into the music within u  
a spiritual melody that resonates  
with the vibration of yr thoughts  
& the frequencies  
of the philosophical notes  
u mentally give rhythm to  
each instance offers an invitation  
to search for gratitude  
in the crevices of yr existence  
bless the endorphins escaping through yr laughter  
take another look won't u  
there are trees that could use a hug  
a binge-worthy book on a dusty shelf  
a bathtub worthy of soaking in  
pleasurable scents of fresh-cut flowers  
a nature trail that beckons discovery  
in these moments  
when opportunity  
has dropped a grimy coin at yr feet  
stop for a minute  
pick it up  
study its lines  
turn it over  
recognize  
there is equal worth on both sides  
a duality you cannot escape from  
yet

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we assign meaning  
on the value of the view  
we choose to focus on  
this is bad that is good  
when both sides  
inform what we deem most significant  
assess how we live our lives  
so  
make a decision  
to step back from the chaos  
it will be there when u return  
in the meantime  
reclaim yr audacity to hope  
u are still alive  
& with each breath exhaled  
is an inhale coming  
a lungful of another occasion  
to nurture optimism  
to find a deeper  
more productive meaning  
ascending from yr journey  
call it what u want  
trauma has knighted each of us  
and called us "creator"  
daring the timid  
to embrace faith in the darkness  
taste the flavor of pure joy with yr fingertips  
dare yr new eyes  
to see feel taste wonder  
harmonize differently  
rumble around in the discomfort  
till u find wisdom there  
then rise up

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# HARMONIZING WITH JOY

& listen to the wind  
calling to u  
begging almost  
that broken heart I handed u  
it whispers  
go, my love  
take the fragments  
of yr deepest pain  
still sharp & untamed  
and go  
go &  
create  
yr beautiful art  
for hidden in  
the creation process  
is what u have been searching for  
a heartfelt joy  
that synchronizes in congruence  
with a grateful soul

**About S. Renee Mitchell:** S. Renee Mitchell is also well-known for her years as a columnist for The Oregonian, where she was nominated twice for the prestigious Pulitzer Prize and named the No. 1 newspaper columnist in five western states by the Society of Professional Journalists regional chapter. Today, she is best described as a Creative Revolutionist™, which includes being a keynote speaker, novelist, educator, playwright, spoken word poet, lyricist, curriculum designer, and multimedia heARTivist.

