

# *Holism Lost and Regained*

by  
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(10/15/1999)

*There once was a time when my body was whole.  
My hips were real hip, and my soles had soul.*

*My stomach could stomach tragedies unfurled,  
and my shoulders could shoulder the weight of the world.*

*My organs were organized, my knees had no needs,  
and my buttocks stood cheek to cheek with my cheeks.*

*My brain did not mind that my mind had a brain,  
for my mind and my brain were one and the same.*

*But one day my head got it into its head  
to mouth off to my mouth and break my heart 'til it bled.*

*My tongue became tongue-tied, my mouth couldn't speak.  
My spine became spineless and my back yellow-streaked.*

*My heels became real heels in desperate need of healing.  
My nerves lost their nerve and then lost all feeling.*

*Ferily, my ears lost touch with all sound.  
and my nose, with itself upturned, started nosing around.*

*My eyes kept an eye out; my feet sensed defeat.  
Boneheaded bones forced my legs to stand on their own two feet.*

*My knees kneed by butt, but my butt butted out,  
while my scalp scalped some tickets to this bodily bout.*

*My arches arched in terror and let my feet foot the bill,  
while my back backed out and my self lost its will.*

*"Things are getting hairy," said the hairs on my chest.  
"You're right!" said my chest. "We need to give it a rest."*

*Unconcerned vocal cords strummed a tune called "Ho-Hum",  
and my eardrums marched to the beat of a different drum.*

*Then my arms armed my fingers with my shoulder blade's blade,  
but my neck stuck its neck out and this action forbade.*

*It pointed the finger at my fingers and said, "Drop that weapon!  
Because killing ourselves ain't nobody helping."*

*My tendons were tending to force the fingers to stand;  
but, hand it to my hands, they forced my fingers hand.*

*As the fingers flexed, the blade it did fall.  
My body parts cheered, and my body stood tall.*

*My elbows insisted on more elbowroom  
and for all to reflect on their potential doom.*

*Then every part parted and resumed its original role,  
and none of them minded when my mind took control.*