



mindfulness

lars palm

Lars Palm  
mindfulness

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## HOW ABOUT FIXING THAT

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors

## BAY OF FIGS

going down to the  
hall they stumbled upon  
a crack in the carpet  
rending it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors

## LAYERING

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going mown  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors



## SHAME & SCANDAL IN THE FAMILY

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red chairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors

## MINOR

going down to the  
mall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors

## ALWAYS LOOK AT THE ROOF-RIDGES

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolting doors

SOMETHING FOR YOU WHO LIKE YOUR  
TITLES LONG

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they voided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors

## LOBBYIST LAMENTING

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
fight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors

## ASSAULTED BY BANJO

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no beagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors

## SEATS

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they won't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors

## SNAILBAIL

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the hoof staring hungrily at  
the residents coming & going  
through the revolving doors



## OUR HOUSE

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
bothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors

## GOES TO SHOW

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the motel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors

## TWICE THAT

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors

## FRIDGE

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble fines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors

## ANOTHER AGE

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
suite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors

## MADNESS

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
shattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors

## NOW WE'RE MOVING FURNITURE

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all tumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors

## SKEWED

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
crack in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the presidents coming & going  
through the revolving doors



## HOW ABOUT YOU DO IT YOURSELF

going down to the  
hall they stumbled upon  
a crack in the carpet  
rendering it incapable of  
flight & them – yes they  
all stumbled in a long line  
of humble pines – of not  
laughing as they don't have  
quite the talent of the Marx  
brothers, but then again, do  
you? once more; going down  
to the hall they avoided the  
track in the carpet & no pines  
scattered needles upon their  
red hairs carefully placed  
throughout the hotel not named  
California with no eagles sitting  
on the roof staring hungrily at  
the residents coming & going  
through the revolving doors

The background is a dark, textured green with a pattern of concentric, slightly irregular circles, resembling a fingerprint or a ripple in water. A solid dark red horizontal line runs across the middle of the image. In the bottom left corner, the text 'moria poetry' and 'www.moriapoetry.com' is displayed in a yellow, serif font.

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