

Rock Garden



KOANS

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ROCK GARDEN

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Table of Contents

- Rock Zen #1 -
- Rock Zen #2 -
- Rock Zen #3 -
- Rock Zen #4 -
- Rock Zen #5 -
- Rock Zen #6 -
- Rock Zen #7 -
- Rock Zen #8 -
- Rock Zen #9 -
- Rock Zen #10 -
- Rock Zen #11 -
- Rock Zen #12 -
- Rock Zen #13 -
- Rock Zen #14 -
- Rock Zen #15 -

Rock Zen #1

*“Romance is nothing but a sack of lies/
But it is truth which I have come to despise.”
—Clutch*

Leave the same words
in your mouth long enough
you'll come to depend on them
like pebbles for your thirst
on a desert run.

Rock Zen #2

*“We didn’t know you’d break the bottle/
That the magic came in to use those jagged shards...”
—Pantera*

If you are devoted to your pain
in the present, by all means
swallow that glass. Just be aware
the shards will break free in the future
to stick you on a good day.

Rock Zen #3

*“I believe I can see the future/
when I repeat the same routine.”
—Nine Inch Nails*

Focus getting your children
ready for school today.
The sound
will help you understand why
Bigfoot eats the bones of his kin.

Rock Zen #4

*“Don’t get me wrong/he’s a nice guy/
I like him just fine/but he’s a mouth breather.”
—Jesus Lizard*

There is no way
to kiss a mouth breather
without tongue. None.
You must weigh this against
the burden of regret.

Rock Zen #5

“Transpose, or stop your life.”
—Deftones

If you wake in thirty years
with these same thoughts,
it will not have been
a bad dream, it will be
a waste of infinite resource.

Rock Zen #6

*“I picked myself out of a hole so many times/
I can’t remember what it feels like on the other side. ”*
—Sasquatch

We all exist on multiple
planes. The valleys, climbs,
peaks, struggles are all
distractions like fleas face
on the back of a dog.

Rock Zen #7

*“I must confess/I’m addicted to this/
Shove your kiss straight through my chest”
—In This Moment*

Be wary of anything entering
your heart. It can only be
removed the way it came
in. An exit by any other
path will take pieces with it.

Rock Zen #8

*“I’d blame someone but I’ve got you/
Like every day that bores me.”
—Helmet*

The day yawns open like a cave.
Follow your light into
its deepest holes. You never know
what beasts you’ll find
painted on the walls there.

Rock Zen #9

*“Your judgments sign your own punishment.”
—Jinjer*

If you pass The Conjuring scrolling
through channels after midnight,
the choice is not whether you should
watch a little bit. It's whether
you should sleep at all.

Rock Zen #10

*“The page wants to stay white/
Fixed, Lost/Fixed, Lost”
—Jawbox*

This life is not a camping trip
where your goal should be
to leave without a trace.
Mark the page, even if
you must use blood.

Rock Zen #11

*“They say that in war/
Truth be the first casualty.”
—One Day As a Lion*

You can't let the truth be
an end to your means. It's only
a doorway out to open field.
Let them break it down. You don't
need a door to find the field.

Rock Zen #12

*“I’ll measure time. I’ll measure height./
I’ll calculate my birthright.”*
—P.J. Harvey

No formula exists to extrapolate
a person’s worth from the volume
of their skull. Fill the bone
with pellets if you must. Measure
circumference. It will only tell hat size.

Rock Zen #13

“Stay inside, it’s as safe as you can get.”
—Quicksand

Safety is only a construct of the human mind,
like your seat being a flotation device
in the event of a water landing.
You’ll most likely swallow 600 times
tomorrow. Just try your best not to choke.

Rock Zen #14

*“The news is just another show/
With sex and violence.”
—Jane’s Addiction*

Occasionally, hope pokes its head
out of the news’ hole to check
on things. Like when that whale
had a new pup after carrying her
dead one around for 17 days.

Rock Zen #15

*“You are broken now, but faith can heal you/
Just do everything I tell you to do.”*

—Tool

Breathe. That’s it. And blink to keep
your eyes moist. There will be times
when you’ll have to take a step forward,
but not many. Remember, pieces are only
pieces because they were whole once.

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