

TRUST YOUR GUT

Neurophysiologists have discovered
that the workings of the brain
are thoroughly intertwined
with those of the gut.

And this explains something for me:
why my thoughts
all have such a sour taste
when my stomach aches.

It also shows how funny it is,
in retrospect, that we ever placed
this gray, oozy flesh
on the highest pedestal.

At least Descartes had an aesthetic—
he saw the simple elegance
of the pineal gland
and named it
the humble seat
of the royal soul.

Perhaps the most important lesson—
one that few will heed—
is that the mind
is not confined to the skull,
but is instead the captive
of simple, exciting pictures.