



The following poem is entitled *Alcyone¹*, named after Alcyone in the Greek myth of Alcyone and Ceyx. According to the myth, for two weeks every January, Aeolus, father of deceased Alcyone, calms down the winds and the waves so that Alcyone, now in the form of a kingfisher bird, can safely make her nest on the beach and lay her eggs. Hence, the term "*halcyon days*" which has come to signify a period of great peace and calm. Please accept my warmest wishes as December floats into January with all hopes of peace, calm and health. (<https://www.greeka.com/greece-myths/alcyone-ceyx.htm>)

Alcyone

*"...then for the teeming quietest, happiest days of all!
The brooding and blissful halcyon days!"²*

Let us wish to:

retreat from all unjust suffering,
banish afflictions, vaporize pain;
fashion peaceful harbors and orchards,
cultivate gardens, plant trees, harvest grain.

dream of lyres' and harps' splendid music,
watch beautiful children dance and be gay;
never see sadness and crying bear witness,
keep illness and sorrow far, far away.

abolish the hunger that threatens the fragile,
crave for vision and prescient wisdom;
nourish each other with love and kindness,
live with bountiful hope and compassion.

seek out always life's streaming sunbeams,
dissolve each dark cloud in sunlight's way;
entwine outstretched hands with one another...
...and turn all tomorrows to halcyon days.

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² *Halcyon Days* by Walt Whitman Date: January 29, 1888, New York Herald January 29, 1888