

Dizain

Stress Mess

Stress like splattered batter makes my heart a mess.
Leads to overeating, weight gain and belly fat.
Diabetes and some cancers can come from stress.
Plaque deposits , clogs—don't want that!
High blood sugars and high blood pressure—drat!
DNA caps erode, stroke and heart attack,
stress gives my battered system quite a whack!
Brain chemicals leak. Proteins inflame.
Guess I must get myself on track.
Move. Meditate. No dark chocolate. What a shame!

The Aliens Returned

It had been thousands of years
since they tweaked Earthling folk,
leaving civilizations in arrears,
people ignoring the wisdom they spoke.
Did their cosmic license revoke?
Genes upgraded long ago,
but people's progress was slow.
They still acted violently.
Not much improvement to show.
They could not live in harmony.

So the universe sent an inspection
to see why it was taking so long.
Why all the cosmic selection
seemed to have gone so wrong.
Why could people not get along?
Perhaps a spray of peace particles
and a massive drop of wise articles.
A harmonic virus, brain cleanse
followed by enriching sparticles
could clear the Earthling lens.

Dizain:

1. Ten lines. No specified meter.
2. Rhyme Scheme: a-b-a-b-b-c-c-d-c-d