

*Diana M. Raab*

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## THE SEARCH FOR HAPPINESS

On the scrolls  
of the twelve step program  
is the assignment for daily affirmations  
and mine today

is the decision to be happy,  
as I wonder if this  
is a conscious decision  
within the realm of our abilities.

Whatever happens on our earth,  
good or bad, is based on  
the quest for happiness.  
So why don't we go after it

like a spear into the back of a whale,  
why do we sit back  
and weep in sadness.  
Is it that the hunt for joy

makes it interesting?  
This morning poses  
so many questions  
and even glances

into the depths of my ocean  
do not provide answers.  
I want to be happy but  
linger in oblivion

as to what brings it on,  
and I think back  
to my publicist's question  
to reflect upon the previous year

and my happiest moments  
as clues to future joys.  
While sucking my right thumb  
I realize my happiest moments

are when being stroked  
and loved and cared for,  
as I sit alone and lonely  
craving all that is gone.