

The Burnout Dilemma

Al Bender

~~you~~ we see the ~~problem~~ ^{problem} everywhere ~~you~~ ^{we} go.
~~The spark~~ ~~will~~ ~~you~~ ~~looking~~ ~~at~~ ~~the~~ ~~sign~~ ~~on~~
~~the~~ Teenagers ~~are~~ ^{are} used up, spent - burned out.
Their alcohol and their drugs have consumed them, not
the other way around. Life is a lotus field. All hassles
are gone, buried somewhere among the smoldering embers of
what was once awareness. Now the eyes see no periphery, only
a narrowing funnel ~~where~~ ^{where} gurus with guitars and ~~drums~~
~~serve~~ ^{serve} as guides to the light. The ears are tuned ~~to~~ ^{only} to the
music and the lyrics. The mouths, in unison, chant the
same bitterness, disillusionment, and ~~longing~~ ^{longing} ~~for~~ ~~escape~~ ~~the~~ ~~gurus~~
~~reach~~ ~~the~~ ~~gurus~~ ~~share~~ ~~their~~ ~~plight~~ ~~only~~ ~~with~~ ~~each~~ ~~other~~, and
they huddle silently, spaced out of a world ~~which~~ ^{which} is out of
~~reach~~ ~~of~~ ~~reach~~.

^{energy} ^{sparks} ~~that~~ ~~energy~~ But yet they ^{do} communicate with the world. whatever
still flickers inspire them to write their messages
on forbidden places so that ~~everyone~~ ^{everyone} will take special
note. ~~their~~ ^{their} ~~ascendancies~~ ^{ascendancies}, endorsements, affirmations of love
and hate are, besides statements of defiance, pleas for
~~rescue~~ ^{rescue}. There can, however, be no hope for ~~recovery~~ ^{recovery} of
~~any~~ ^{any} lost vitality without ~~a~~ ^a thorough understanding of the burnout
syndrome. Workshops involving school ^{and} community are in dire need.
Burnout victims ~~must~~ ^{must} be willing to save themselves.
~~There~~ ~~is~~ ~~no~~ ~~hope~~ ~~for~~ ~~recovery~~ ~~of~~ ~~any~~ ~~lost~~ ~~vitality~~ ~~without~~ ~~a~~ ~~thorough~~ ~~understanding~~ ~~of~~ ~~the~~ ~~burnout~~ ~~syndrome~~.
Thus we have our dilemma. It is obviously easy to spot the burnouts ^{around} ~~around~~ ~~us~~,
it will be ~~much~~ ^{much} more difficult to ~~restore~~ ^{restore} the ~~lost~~ ^{lost} ~~energy~~ ^{energy} ~~fire~~ ^{fire} lost by some
and to prevent, in all, the fire from ever ~~burning~~ ^{burning} ~~out~~ ^{out} again.