



## *Meditation*

This morning began  
with uncanny grace  
- like a flower that opens  
when no-one is looking.

There were no man-made sounds,  
- no idle chatter,  
no dogs barking,  
- not even birds chirping -

just a chorus of crickets  
playing wings in the grass  
as I breathed  
verses into the sky.

It was as if  
I were transported  
to a new earth...  
- not a different one -

but one free of  
distractions and distortions,  
where truth is obvious  
and life is palpable.

I could feel the trees  
trading breaths with me  
in a gentle exchange of  
inhalation and exhalation.

I could smell the season  
as the air filled my lungs.  
I could taste the lake  
as the mist touched my lips.

I could see the light  
animating all things  
- a prismatic play  
of movement and form.

And I saw beyond sight  
that God  
and nature  
are inseparable.

And I knew beyond thought  
that everything is  
One thing  
dancing with itself.

And from this place of recognition  
I released all sensing  
and all thinking  
and all knowing

and merged with  
the Oneness  
and the pure, profound  
joy of Being.