

Meditations 1 Through 6

1.
I am bigger than the universe.

I am small enough
to hold myself
in the palm of my own hand.

2.
Many wish to be like someone else
whose life they admire.

How many strive simply to live a life
worthy of their own admiration?

3.
I look north to see a solid gray sky, then
turn my gaze south where I notice
a small circle of sunlight burning through the clouds.

Turning again I realize that no matter how long I might stare
at the northern sky the sun will never appear.

South once more I discover that the circle
of sunlight is no longer in the same place.

Is the sun moving, or am I?

4.
The sun will never show itself
in my northern sky.
But the cycle of day and night
has an effect there that is
as meaningful as in the southern half.

5.
I would not expect to see birds splashing
in a fountain on this autumn day.
But there they are.
And they are more than one.

Sitting on my bench the air feels colder now.

6) I have long favored a specific tea cup because of the design on its outside. Today, for the first time, I became aware of the texture on its inside.

Steve Bloom
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