

Sarah's Exercise

(With thanks to Sarah Holdt)

[As engaged August 2005, within scent of ponderosa pine trees on the trail to McGregor falls, Rocky Mountain National Park.]

Do feel free
to try this at home
or anywhere else
like here, now, tonight:

Close your eyes.

Tune out everything except what you can smell.

. . . now

Focus on what you can feel.

. . . now

Think about what you can hear.

. . . now

Open your eyes and look around imagining . . .

. . . that you were led
to this spot, blindfolded

. . . that by the end of today
you will be blind.