



### Only This— !

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While in quiet meditation  
my listening became so acute and clear  
that I recognized my thoughts  
in the bird's staccato chatter  
punctuating the swelling strain  
of the cicadas,  
and in the bare, slender silence  
of my surroundings  
before they thundered forth  
as a crashing storm,  
and too, within the erratic groans  
of the passing cars and trucks  
and the nuance of the Autumn breeze  
faintly fluttering the falling leaves.  
Each sound alone and all together  
wordlessly echoed everything  
there was to know and not to know  
until this thought was again  
just this thought,  
and this sound,  
only this— !

Nooy Bunnell

### It's alright!

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There's no one home—  
you can spend the night

outside the rain

remembering

to not be there  
when someone

knocks on the door

Victor Sessan

### The Secret of Joy

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All the teachers say, "Wake up!  
Life is right here: inside you,  
in front of you, all around you!"  
What good is all their talking?  
The part of you that's awake is already awake.  
The part that's asleep is still sleeping.  
What can a few more words do?  
Almost every day I remember the secret of joy.  
That will do.

Roger Keyes