

Poetry

Chris Hoffman

The Eye of the Universe

When you truly perceive beauty
you find yourself
looking into the eye of the universe

which, you discover,
is looking directly
back at you.

Its pupil widens,
seeing
that something has changed.

It has been watching you
your entire life,
perceiving the marrow of your being.

Everything is different now—
more real
though still the same.

26] You glimpse the exquisite lacework
linking all things
at their cores.

Seeing deeply
through this eye
unties the obstinate knot.

The one who wears your name
emerges, like everything else,
from the hub of the turning wheel.

It's a Funny Thing

The quieter you become
the more clearly the path shines.

The noise of the mind
obscures the path.

The mind is useful to a point
like a rowboat with its oars.

You arrive at the middle of the lake.

When the ripples subside
the image of the moon
floats on the water.

Chris Hoffman has been a Zen student since meeting Zen Master Seung Sahn in 1974. He has published his poetry in various publications and is currently working to stop climate change. The twentieth-anniversary edition, revised and expanded, of his classic eco-psychology book, The Hoop and the Tree, will be released in 2021. For more information, visit www.hoopandtree.org.



Since 1978,
in the heart of
Lawrence, Kansas.

- practice
- retreats
- classes
- interviews

Visit us at kansaszencenter.org or find us on Facebook at
facebook.com/kansaszencenter.



Richard Shrobe

L.C.S.W.

Psychotherapist
Specializing in the Gestalt Approach

36 West 25th Street, 10th Floor
New York, NY 10010
(212) 685-7099