

How to Talk to Trees

Use no words. Instead lie down
Upon the grass, beneath
The swaying boughs. Look up.
Keep looking up. Pay attention
To everything you see. Disregard
All thought and the sense
You should be somewhere else doing
Something else: this has its own
Significance. Do not move.
Do not care. Simply be aware
Of trees...

 Until, at last,
Your mind starts growing, branching out,
Extending upwards gradually
Towards the sky, towards the sun. Feel it sprout
Leaf

 on leaf

 on leaf...

Let it grow
As high as it will go, as wide
As it will reach – then do
No more. Nothing.

 Only stay
Right where you are, your mind
Mingling with the quiet air
And the quiet light... *Now you will find*
That, without really trying,
You'll be talking in a language trees
Can understand – not our language
Of words, but their language
Of peace.