

wander into the woods  
on a quiet autumn day

find a sitting spot  
sit for a spell  
listen to the rustling of the leaves  
feel the breeze  
(woodpecker some distance away  
bird chirping closer by)  
be still enough for little ones to gather round  
(searching for seeds)  
look up  
look down  
look around  
observe  
breathe  
close the eyes  
touch the sacred  
face the sun

open the eyes  
notice in the corner of vision  
a leaf swirling round  
(crimson floating in a sunbeam  
drifting ever downwards)  
let the gaze join  
follow to the forest floor

tap

- a recipe for the sound of one leaf landing