

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
(crimsom 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