

"It Is Enough" by Anne Alexander Bingham

To know that the atoms
of my body
will remain

to think of them rising
through the roots of a great oak
to live in
leaves, branches, twigs

perhaps to feed the
crimson peony
the blue iris
the broccoli

or rest on water
freeze and thaw
with the seasons

some atoms might become a
bit of fluff on the wing
of a chickadee
to feel the breeze
know the support of air

and some might drift
up and up into space
star dust returning from

whence it came
it is enough to know that
as long as there is a universe
I am a part of it.

Japan by Billy Collins

Today I pass the time reading
a favorite haiku,
saying the few words over and over.

It feels like eating
the same small, perfect grape
again and again.

I walk through the house reciting it

and leave its letters falling
through the air of every room.

I stand by the big silence of the piano and say it.
I say it in front of a painting of the sea.
I tap out its rhythm on an empty shelf.

I listen to myself saying it,
then I say it without listening,
then I hear it without saying it.

And when the dog looks up at me,
I kneel down on the floor
and whisper it into each of his long white ears.

It's the one about the one-ton temple bell
with the moth sleeping on its surface,

and every time I say it, I feel the excruciating
pressure of the moth
on the surface of the iron bell.

When I say it at the window,
the bell is the world
and I am the moth resting there.

When I say it at the mirror,
I am the heavy bell
and the moth is life with its papery wings.

And later, when I say it to you in the dark,
you are the bell,
and I am the tongue of the bell, ringing you,

and the moth has flown
from its line
and moves like a hinge in the air above our bed.

Mindfulness in Nature Reading List

compiled by Kelli Schonher
www.awakeinthewild.com

- Awake in the Wild: Mindfulness in Nature as a Path of Self-Discovery. Mark Coleman (2006)
- Communing with Nature: A Guidebook for Enhancing your Relationship with the Living Earth. John L. Swanson, Ph.D. (2001)
- The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative. Florence Williams (2017)
- Into Nature: A Creative Field Guide and Journal. The Mindfulness Project (2018)
- Blue Mind: The Surprising Science That Shows How Being Near, In, on, or Under Water Can Make you Happier, Healthier, More Connected, and Better at What You Do. Wallace J Nichols (2014)