

# Can I?

Can I feel the crackle of leaves fallen and know they aren't bawling.

Can I taste the rain as it falls and absorb its goodness into every cell of my body.

Can I listen to the wind rush through the branches swaying and move as eloquently, knowing all is as it should be.

Can I smell the wood, the river, and make my heart unified with just these two.

Can I see the blue and white above me, smile and know there is no contrast, it's all an illusion.

Can I sit beneath this small tree and just be. JRP