

# Curiosity Corner

*Grow your awareness and open doors to an inspired life!*

## **Contemplation practice.....**

**Directions:** Slowly and consciously read the poem on the next page. Contemplate and answer the following questions...

- 1) What can you learn from the natural cycle of the trees and the quiet stillness they model each year?**
- 2) What benefit might you find in "practicing" dying like the trees do?**
- 3) How can you allow your death and other's deaths to be "natural and ordinary?"**

## Learning from the Trees

-Grace Butcher

If we could,  
like the trees,  
practice dying,  
do it every year  
just as something we do—  
like going on vacation  
or celebrating birthdays,  
it would become  
as easy a part of us  
as our hair or clothing.

Someone would show us how  
to lie down and fade away  
as if in deepest meditation,  
and we would learn  
about the fine dark emptiness,  
both knowing it and not knowing it,  
and coming back would be irrelevant.

Whatever it is the trees know  
when they stand undone,  
surprisingly intricate,  
we need to know also  
so we can allow  
that last thing  
to happen to us  
as if it were only  
any ordinary thing,  
leaves and lives  
falling away,  
the spirit, complex,  
waiting in the fine darkness  
to learn which way  
it will go.