AMERICAN LIFE IN POETRY

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BY TED KOOSER, U.S. POET LAUREATE, 2004-2006

Anne Coray is an Alaskan, and in this beautiful meditation on the stillness of nature she shows us how closely she's studied something that others might simply step over.

The Art of Being

The fern in the rain breathes the silver message.
Stay, lie low. Play your dark reeds
and relearn the beauty of absorption.
There is nothing beyond the rotten log
covered with leaves and needles.
Forget the light emerging with its golden wick.
Raise your face to the water-laden frond.
A thousand blossoms will fall into your arms.

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