

Sitting with Thay

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Bell

Line forms, patiently waiting

Shuffling of feet, clinking of bowls, heaps of deliciousness

Stepping outside, inhaling freshness

Walk

The sun, it shines

Entering the hall, seeing a path, straight ahead: emptiness

I've arrived, I'm home

Sit

Breathing in, breathing out

Waking up I smile

a brand new day is before me...

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Opening my eyes, directly in front, I see Thay

Posture straightens, thoughts abound

Breathe

Present moment, wonderful moment,

Following my breath, curiosity steadily rising, who are you?

Zen master, reading contemplations

Eat

Consuming energy, digesting freedom

Looking at Thay, I crave acknowledgment, who am I?

Be free, my friend

Stand

We turn, we bow

I stall awkwardly, hoping that perhaps, we might speak?

He passes, without words

Calm

Woman approaches, announces suffering

Asks for support, my heart opens, I am here

Deep listening, loving speech

Care

She bows, I smile

An insight manifests; Thay isn't gone, he's within me

No discrimination, no discrimination

Peace