

# Connecting New

August, 2016

This month I offer two poems reflecting upon what we can learn from animals and our relationships with them. These poems also reinforce that being reverently attentive leads us to gratitude.

## Energetic

Gone are the days when she would snuggle with us,  
seems it's been over a year since she attempted to jump onto our bed.  
Lately the rabbits have become emboldened,  
and appropriately, taking the run of the yard she once patrolled.  
Long deep naps come easily now,  
breathing heavy or even snoring sometimes,  
dreams of standing fierce against unwelcome visitors now faded away.  
Yet the law of conservation of energy still holds true.  
Her frolicking and crazy throwing herself down the steps  
have transformed into gentle affection,  
the tender energy of "Love me please as I press into you," has bloomed.  
And I pray that we are reflections of each other,  
focusing our energies of what is most immediate, most precious,  
most life-giving, as we mature together.  
And we are grateful and growing more so each day.  
We are grateful and growing more so each day.


## Crossing Guard

She stood resolved with her palm facing me  
in the middle of the street  
and I noticed why -  
a box turtle was crossing the road.  
When it paused for a moment  
she made a gentle shooping motion  
and it worked.

Someone else would have picked up  
the turtle to speed things along,  
while others would have simply passed it by  
benignly offering best wishes.  
And for her choice, I am grateful.  
As I drove past, we exchanged  
waves and smiles and goodness.  
And for her, I am grateful.

May we be attentive to the animals in our lives and open to what they are offering to teach us.

Peace and Blessings,  
Clarence

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