

Mindfulness: Poems

- **A Note**
By: Wislawa Szymborska
- **A Still Forest Pool**
By: Ajahn Chah
- **Archaic Torso of Apollo**
By: Rainer Maria Rilke
- **At the End of the War**
By: John O'Donohue
- **Awake**
By: Eydie Cloyd
- **Awakening Now**
By: Dana Faulds
- **Because We Spill Not Only Milk**
By: Nancy Schafner
- **Being a Person**
By: William Stafford
- **Clearing**
By: Martha Postlewaite
- **Crossing the Unknown Sea**
By: David Whyte
- **Empty Me of Bitterness**
By: Franz Wright
- **For a New Beginning**
By: John O'Donohue
- **For the Travler**
By: John O'Donohue
- **For Lost Friends**
By: John O' Donohue
- **For Warmth**
By: Thich Nat Hanh
- **Half Life**
By: Stephen Levine
- **Halleluiah**

By: Mary Oliver

- **Heavy**
By: Mary Oliver
- **High Tide**
By: Barbara Kingsolver
- **I Go Among the Trees and Sit Still**
By: Wendell Berry
- **I Go Down to the Shore**
By: Mary Oliver
- **If You Knew**
By: Ellen Bass
- **If**
By: Rumi
- **In Order to Continually Imagine**
By: David Whyte
- **In Praise of Crazy of a Certain Kind**
By: Mary Oliver
- **It Doesn't Interest Me**
By: Oriah
- **Journey**
By: Linda Hogan
- **Keeping Quiet**
By: Pablo Neruda
- **Kindness**
By: Naomi Nye
- **Little Things**
By: Sharon Olds
- **Love After Love**
By: Derek Walcott
- **Love Dogs**
By: Rumi
- **Morning Poem**
By: Mary Oliver
- **Morning**
By: Henry David Thoreau
- **On Love and Other Difficulties**

By: Rainer Maria Rilke

- **Paradox**
By: Gunilla Norris
- **Piglet's Song**
By: Benjamin Hoff
- **Prayed Over**
By: Kenneth Robinson
- **Recommendation**
By: Thich Nhat Hanh
- **Red Brocade**
By: Naomi Shihab Nye
- **Something About the Wind**
By: Sidney Hall, Jr.
- **Start Close In**
By: David Whyte
- **Sunset**
By: Rainer Maria Rilke
- **That is the Only Mind**
By: Thich Nhat Hanh
- **The Guest House**
By: Rumi
- **The Journey**
By: Mary Oliver
- **The Layers**
By: Stanley Kunitz
- **The Path**
By: Eudie Cloyd
- **The Place I Want to Get Back To**
By: Mary Oliver
- **The Real Work**
By: Wendell Berry
- **The Road**
By: Arlene Gay Levine
- **The Summer Day**
By: Mary Oliver
- **The Way Under the Way**

By: Mark Nepo

- **The Way It Is**
By: William Stafford
- **This Spot**
By: Mark Nepo
- **To Be of Use**
By: Marge Piercy
- **Today**
By: Mary Oliver
- **Tomorrow's Child**
By: Rubin Albes
- **Touching Peace**
By: Thich Nhat Hanh
- **Two Kinds of Intelligence**
By: Rumi
- **Walk Slowly**
By: Dana Faulds
- **What to Remember When Waking**
By: David Whyte
- **Wild Geese**
By: Mary Oliver
- **You Reading This, Be Ready**
By: William Stafford