



Sangha Sharing

Songs of Expression

During the recent Spring Retreat at Serenity Ridge — Living With Joy, Dying in Peace — Tenzin Wangyal Rinpoche invited retreatants to share some “Songs of Expression”: poems, readings, songs, or other sharings. He noted that such collective expressions can be very alive and powerful. Below are a few sharings from retreatants of poetry and photographs.

Thunderhead

Miles and miles distant,
Yet filling much of sky onward,
Lone thunderhead floats in silence –
Culminating, cumulating, gestating –
Pulsating variations, bursts of lambency,
Flickering, flashing, incandescent nimbus womb.

Is there sound inside this cloud,
Where thunderbolts, contained within yet
Massively discharging, illumine a world
Juiced and shocking, throbbing,
Damply burning?

I stand, slack-jawed, in rapt
Amazement;
Others walk on, heads down,
Unseeing, unmoved,
Missing Nature's
Astounding show of lights.

But somewhere not too far off,
I know,
Another soul
Thrills, witnessing what perhaps seems
Best described as an Unmasking of God.

— H.R. Gillmore, Virginia Beach, Va.

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As the spring cherry blossom
Softly unfurls its petals and
One by one
Sends them skyward
In passing rivers of wind
So is my heart
When winter is ended

— Ana S., Chicago

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— *Photograph by Debi, West Virginia*

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Vast blue sky
rabbit cloud
vulture circles high above
my corpse-like pose
on the ground beneath.
prayer flags crisply flapping
tree tops budding
in the brilliant light.
sudden joy, simply there

— *Dorrie Ameen, New York*

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— *Photographs of Serenity Ridge by Carole Ann Al-din, Wheeling, W.V.*