

## WEEKEND MEDITATION RETREAT

It arrived unexpectedly  
Suspended itself in midair  
Ripe with possibility  
    clear  
        lush  
            funny

It burst into the room  
Stumbling into the wrong  
Friday night party  
    moist  
        messy  
            potent

Not primly sitting on a cushion  
Not silently following the breath  
Not austere like a Zen monk but  
    round  
        glistening  
            oozing

How unlikely  
How surprising  
How awakening  
To describe a meditation retreat as

***Juicy***

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3 AM