Mindfulness: Poems

- **A Note**  
  By: Wislawa Szmborska

- **A Still Forest Pool**  
  By: Ajahn Chah

- **Archaic Torso of Apollo**  
  By: Ranier 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 Schafler

- **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 Craziness 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**
• **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: Ranier 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: Eydie 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