



## 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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*What Miracle This...  
Dissolving into the Vast Expanse of the Sky*

— *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.*