

LIE DOWN was a favorite poem of Kathleen's.
It was written by her dear friend Nancy Paddock.
Nancy and her husband Joe were close friends for many years.
Kathleen spoke at Nancy's Life Celebration earlier this year.
It is reproduced here courtesy of Joe.

LIE DOWN

Lie down with your belly to the ground
like an old dog in the sun. Smell
the greenness of the cloverleaf, feel the damp
earth through your clothes, let an ant
wander the uncharted territory
of your skin. Lie down
with your belly to the ground. Melt into
the earth's contours like a harmless snake.
All else is mere bravado.
Let your fists open into useless tendrils.
Let your mind resolve itself
in a tangle of grass.
Lie down with your belly
to the ground, flat out, on ground level.
Prostrate yourself before the soil
you will someday enter.
Stop doing.
Stop judging, fearing, trying.
This is not dying, but the way to live
in a world of change and gravity.
Let go. Let your burdens drop.
Let your grief-charge bleed off
into the ground.
Lie down with your belly to the ground
and then rise up
with the earth still in you.

LIE DOWN is part of a collection of Nancy's poems in
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Nancy and Joe