

Poetry and Meditation

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Poetry opens and holds space; meditation opens and is space held.

To me it seems unnecessary to make any distinction; and distinction calls reductionism into being – if allowed, this reduction results in and produces separation; which gives rise to confusion. Poetry offers a space of clarity.

Poetry heals linguistic and existential divides through its living energy force which in being enacts simultaneously each side of the gap while creating a vital third space from which each side can be experienced individually and too, in non-separated unification. Separate and not separate simultaneously. Poetry offers freedom.

To me, the most challenging part of writing is in getting out of the way! This is where meditative practices help by emptying and calming the mind first.

What do I write when I am not there?

That's poetry!