

And the leaves are falling  
I love  
the feeling of warm rain  
Torrents  
Standing on the earth  
Trying to take the crown of my head  
Off  
Lift it by the cap and take off the  
Thinking mind  
(until my mind doesn't think anymore)  
Like a hat that's attached to my skin

Pushing upwards, the earth it  
Holds me  
And I press down too  
Trying to take off my heavy thought  
Cap  
Push up through it like new life  
Like greater purity of thought and  
Being  
More kindness  
Dropped shoulders and release  
Heart wide open like the sun.

July is  $\frac{3}{4}$  over, 2014  
kelly ann ilseman