



Spiritual Poetry Meetup

Poems to take home with you

April 20, 2025

*The Temple Bell / Spirit of the Heart / Meditating at Midnight
– Matsuo Bashō / Kojijū / Zhou Xuanjing*

Get Close – Susan Zimmerman

A Limitless Love – The Sutta-Nipāta

Perspective – Rosemerry Wahtola Trommer

Too Many Names – Pablo Neruda

Prayer – Robert Louis Stevenson



To join the Spiritual Poetry Meetup Group, go to

<https://www.meetup.com/Spiritual-Poetry-Meetup-International/>

For more Take-Home Poetry Packs, assorted poems, and the Intrinsic Heart blog, go to

<https://intrinsicheart.com>



The Temple Bell

The temple bell stops
but the sound keeps coming
out of the flowers

– Matsuo Bashō –
(translated by Robert Bly)

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## **On the Spirit of the Heart as Moon-Disk**

Merely to know  
The Flawless Moon dwells pure  
In the human heart  
Is to find the Darkness of the night  
Vanished under clearing skies.

– Kojijū –  
(translated by Edwin A. Cranston)

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Meditating at Midnight

Meditating at midnight,
Meditating at noon,
A mind like autumn
Comes to the Way's deep heart.
Under motionless waves,
Fish and dragons freely leap.
In the sky without limits,
Only the moonlight stays.

– Zhou Xuanjing –
(translated by Jane Hirshfield)

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## Get Close

So close you see something you thought you knew  
as if for the first time, then closer, beyond seeing—  
lost, mystified.

Like the time I photographed  
the grey shadow on the side of a tree, magnifying  
until I realized it was not a shadow but growing moss.

Until I realized the white dots were not dots  
but tiny flowers blooming in the moss  
until I was so close I disappeared.

In the whole universe there was nothing  
and no one but the tree and me,  
and we were only one thing.

- Susan Zimmerman  
anthologized in *The Path to Kindness*,  
edited by James Crews  
[Photo by Eric Muhr on Unsplash](#)



Let your love flow outward through the universe,  
To its height, its depth, its broad extent,  
A limitless love, without hatred or enmity.

Then as you stand or walk,  
Sit or lie down,  
As long as you are awake,  
Strive for this with a one-pointed mind;  
*Your life will bring heaven to earth.*

**—The Sutta-Nipāta**



## Perspective

And the mountains rose  
and eroded completely  
and the great sea flooded all  
and the great sea left and  
the great sea flooded and left again  
and the land was forced up,  
and then pulled from both sides  
until the center broke  
and slid down to create a great rift  
and the volcanoes spewed lava  
and the ash covered all  
and the glaciers scrubbed  
and the rocks avalanched  
and the earth slumped  
and today I sit in the valley  
and stare at the mountain  
with a dusting of white  
on its wide shoulders  
light gathering in its clefts  
and think, my god,  
isn't it peaceful?

– Rosemerry Wahtola Trommer –

<https://ahundredfallingveils.com/2023/10/15/perspective-4/>  
[Photo by Sies Kranen on Unsplash](#)

*Too Many Names  
by Pablo Neruda*

*Mondays are meshed with Tuesdays  
and the whole week with the whole year.  
Time cannot be cut  
with your exhausted scissors,  
and all the names of the day  
are washed out by the waters of night.*

*No one can claim the name of Pedro,  
nobody is Rosa or Maria,  
all of us are dust or sand,  
all of us are rain under rain.  
They have spoken to me of Venezuelas,  
of Chiles and Paraguays;  
I have no idea what they are saying.  
I know only the skin of the earth  
and I know it has no name.*

*When I lived amongst the roots  
they pleased me more than flowers did,  
and when I spoke to a stone  
it rang like a bell.*

*It is so long, the spring  
which goes on all winter.  
Time lost its shoes.  
A year lasts four centuries.*

*When I sleep every night,  
what am I called or not called?  
And when I wake, who am I  
if I was not I while I slept?*

*This means to say that scarcely  
have we landed into this life  
that we come as if new-born;  
let us not fill our mouths  
with so many faltering names,  
with so many sad formalities,  
with so many pompous letters,  
with so much of yours and mine,  
with so much signing of papers.*

*I have a mind to confuse things,  
unite them, make them new-born,  
mix them up, undress them,  
until all light in the world  
has the oneness of the ocean,  
a generous, vast wholeness,  
a crackling, living fragrance.*

**Demasiados Nombres**  
*by Pablo Neruda*

*Se enreda el lunes con el martes  
y la semana con el año:  
no se puede cortar el tiempo  
con tus tijeras fatigadas,  
y todos los nombres del día  
los borra el agua de la noche.*

*Nadie puede llamarse Pedro,  
ninguna es Rosa ni María,  
todos somos polvo o arena,  
todos somos lluvia en la lluvia.  
Me han hablado de Venezuelas,  
de Paraguayes y de Chiles,  
no sé de lo que están hablando:  
conozco la piel de la tierra  
y sé que no tiene apellido.*

*Cuando viví con las raíces  
me gustaron más que las flores,  
y cuando hablé con una piedra  
sonaba como una campana.*

*Es tan larga la primavera  
que dura todo el invierno:  
el tiempo perdió los zapatos:  
un año tiene cuatro siglos.*

*Cuando duermo todas las noches,  
cómo me llamo o no me llamo?  
Y cuando me despierto quién soy  
si no era yo cuando dormía?*

*Esto quiere decir que apenas  
desembarcamos en la vida,  
que venimos recién naciendo,  
que no nos llenemos la boca  
con tantos nombres inseguros,  
con tantas etiquetas tristes,  
con tantas letras rimbombantes,  
con tanto tuyo y tanto mío,  
con tanta firma en los papeles.*

*Yo pienso confundir las cosas,  
unirlas y recién nacerlas,  
entreverarlas, desvestirlas,  
hasta que la luz del mundo  
tenga la unidad del océano,  
una integridad generosa,  
una fragancia crepitante.*





Give us courage, gaiety and the quiet mind.  
Spare us to our friends, soften to us our enemies.  
Bless us, if it may be, in all our innocent endeavors.

If it may not, give us the strength to encounter  
that which is to come, that we be brave in peril,  
constant in tribulation, temperate in wrath,  
and in all changes of fortune and down to the gates  
of death, loyal and loving to one another.

**—Robert Louis Stevenson**