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Recipe for Climbing a Tree

Step one:

Gather your courage

Step two:

Approach the trunk,
hands brushing against the rough bark,
fingers testing the texture
of time and growth.

Step three:

Lift one foot,
trust it against the earth
before pressing upward.
Find the foothold,
not too perfect,
but enough to hold.

Step four:

Stretch your arms
toward the first low branch,
feel the muscle of it,
how it sways under your touch,
the sky calling you.

Step five:

Pull yourself up
slowly, carefully,
letting gravity question itself
as your legs follow
in the rhythm of instinct.

Step six:

Pause at the first level,
look around,
the world below seems smaller
but the branches grow wider.
There's a brief, quiet moment,
before you climb again.

Step seven:

Keep going,

one branch at a time,
until you reach your place.
It's not the top that matters,
but the journey there—
the quiet in your chest,
the wind in your hair,
the leaf-heavy silence
between each breath.

Now:
sit back
and let the tree
hold you.