

## 7 Poems for praying in time of Corona Virus Lockdown

- Anne Powell

### Going deeper

Go down  
    down  
    down  
to the place in you  
where fire and silence dwell ~  
the place of power.

Go down  
    down  
    down  
to that pool in you  
of weedless water ~  
the place of knowing.

Go down  
    down  
    down  
the moss bright path  
to your Grandmother's house ~  
the place of song.

Go down  
    down  
    down  
to the last strawberry ~  
freshness of God.

### Visit us

Visit us  
in breath of wind  
in endurance of cliffs  
in glow of kowhai  
in silence of stars  
in solitude of moon  
in eyes of the poor  
in embrace of a mother  
in pleasure of friends  
in faith that does justice.

## **Hints for middle years**

You want to get  
to where you're going  
even if you don't have a map

or a torch  
or a long piece of rope  
for emergencies  
let alone a Band-aid.

The thing is to do the journey.

Enjoy wherever you pass  
be it city  
or shoreline  
or paddock  
or people.

And tune your breathing  
to the rhythm of soul.

## **The learning tree**

I draw on strength from rising moon  
I draw on strength from Mary's womb.

I draw on strength from tumbling wave.  
I draw on strength from One who saves.

I draw on strength from kauri tree.  
I draw on strength and learn to be.

## **Letting go**

When it comes to prayer  
trying hard is not the answer  
Think more of flying  
a kite to freedom  
on a clear day  
or bathing beneath a waterfall  
each sense awake  
or letting the heart-gaze rest  
on beauty.

Beauty opens to presence.  
Hafiz would shout  
"enjoy the love-ride, my friend."

## **Like a koru**

I am a listener  
hearing  
the split of silence  
at Huka Falls.

I am a singer  
making  
music on the wind  
in the tussocks.

I am a woman  
awaiting  
the rise of yeast  
and the sound of bread growing.

I am a traveller  
opening  
like a koru  
my ear.

## **Aotearoa Litany**

Green of fern	refresh us
Feathers of kereru	warm us
Rocks of Moeraki	encircle us
Waters of Taupo	bathe us
Dive of gannet	focus us
Arc of rainbow	protect us
Stars of Southern Cross	guide us