When the mind is quiet

Hurley, UK

<table>
<thead>
<tr>
<th>Title</th>
<th>When the mind is quiet</th>
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<tbody>
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<td>Authors</td>
<td>Hurley, UK</td>
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<td>Type</td>
<td>Book Section</td>
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</tr>
<tr>
<td>Published Date</td>
<td>2008</td>
</tr>
</tbody>
</table>

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when the mind is quiet
Ursula Hurley

the body sings
croons a loose-limbed
lieder
revels in the fire
of flexed muscle
the burning whip of
tendons taking unaccustomed
weight

as eye and hand and
foot conspire to rise
    hold by hold
    the will bent only to
the next advance the
gaining of height
the mind zygotic
doubles buds
off talks
to its
    Other
hidden
    beneath
the bright stream which
fizzes with mayflies and sparkles and swirls

under a glass meniscus
where trout shadows flicker
the stasis
of movement is found