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When the mind is quiet

Hurley, UK

Title	When the mind is quiet
Authors	Hurley, UK
Type	Book Section
URL	This version is available at: http://usir.salford.ac.uk/id/eprint/1937/
Published Date	2008

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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
of movement is found

stasis