



**Three Poems from Writing from Your Heart & Soul,
a workshop on spiritual writing
given by Donna Baier-Stein**

By Rumi

Are you fleeing from Love because of a single humiliation?
What do you know of Love except the name?
Love has a hundred forms of pride and disdain,
and is gained by a hundred means of persuasion.
Since Love is loyal, it purchases one who is loyal:
it has no interest in a disloyal companion.
The human being resembles a tree; its root is a covenant with God:
that root must be cherished with all one's might.
A weak covenant is a rotten root, without grace or fruit.
Though the boughs and leaves of the date palm are green,
greenness brings no benefit if the root is corrupt.
If a branch is without green leaves, yet has a good root,
a hundred leaves will put forth their hands in the end.

A fish cannot drown in water

by Mechtild of Magdeburg

A fish cannot drown in water,
A bird does not fall in air.
In the fire of creation,
God doesn't vanish:
The fire brightens.
Each creature God made
must live in its own true nature;
How could I resist my nature,
That lives for oneness with God?



The Journey

By Mary Oliver

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice—
though the whole house
began to tremble
and you felt the old tug
at your ankles.
“Mend my life!”
each voice cried.
But you didn’t stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.
It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.
But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do—
determined to save
the only life you could save.