

2011 - International Year of Forests

Rainforest

The forest drips and glows with green.
The tree-frog croaks his far-off song.
His voice is stillness, moss and rain
drunk from the forest ages long.

We cannot understand that call
unless we move into his dream,
where all is one and one is all
and frog and python are the same.

We with our quick dividing eyes
measure, distinguish and are gone.
The forest burns, the tree-frog dies,
yet one is all and all are one.

Judith Wright

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Try to look at the forest, at a tree, a leaf, a frog or a python, without "measuring and distinguishing". Look, really look. Without analysing or attempting to understand it rationally. This isn't easy. It takes practice to break out of the analytical scientific mindset out of which most of us view the world around us, but if we can do it, our eyes, our hearts and our senses can be opened to a radically different way of relating to the world, of which we are a part, a world where "one is all and all are one"