

Nested Meditation

Choose an image which touches your soul. Paste it into your journal.

Write a nested meditation related to this image. A nested meditation has 4 repeating stanzas as follows;

First stanza- a line describing the image.

second stanza; repeat the first line and add one more.

third stanza; repeat first two lines and add a third.

fourth stanza; repeat first three lines and add a fourth.



The sun is reflected by water and sail

The sun is reflected by water and sail.
How long before it is gone?

The sun is reflected by water and sail.
How long before it is gone?
Tree catches the last light.

The sun is reflected by water and sail.
How long before it is gone?
Tree catches the last light.
What light am I catching tonight?