

Matthew Power

Angel forced to work one day in five

Next, mentally disintegrate your body. Imagine all the atoms separating and floating apart ...

Kathleen McDonald, *How to Meditate*

Here's my blessing string. Red
plaited like a noose, it's my
excuse to spend the day at Byron
with all the other waves,
doing nothing but dissolving
clouds, unbuttoning
the body beautiful to find
the self in handfuls of
lycra and light. You
can do this work anywhere,
which is good since lotus eating
leaves Buddha nothing to sit on
but the sun and moon, seaweed
incense composting above the tide.