

A spacious life
Salita S. Bryant, PhD., MFA

Learn the lessons of heron ancestors:

Pilgrimage to cool mud
 Wait for a sign
 Wait for spring
 Wait for the full pulse of sun

Pause:

A still white heron
 Pause one legged
 In the shallow waters of lake Obi
 Learn not to eat the fish at my knees

Pause Again:

Try not to fly south when
 The nights begin to freeze
 And dew forms crystals
 On the surface of clear still water

Find stillness in a measure of breath:

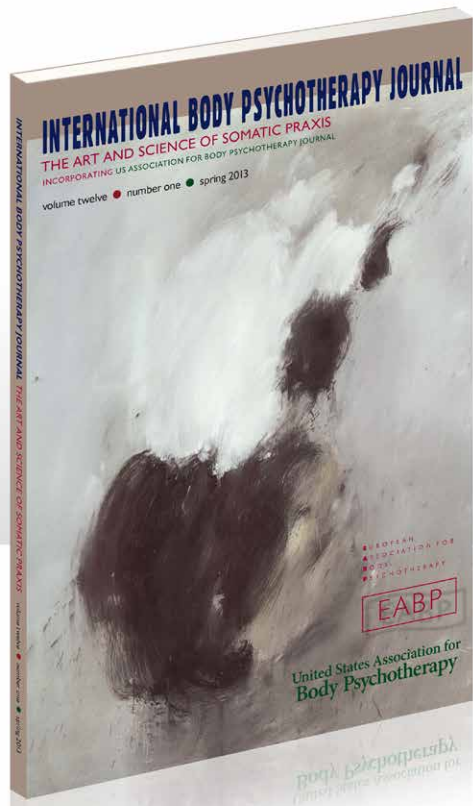
When there is only emptiness
 When there is no thought
 No unbearable longing for freedom
 There is freedom

Be:

A single white heron
 In a still blue lake
 Learning to fly
 By standing still

BIOGRAPHY

Salita S. Bryant holds a Ph.D. in literature, an M.Ed. in Clinical Counseling, and an MFA in poetry. She is Assistant Professor of English at Lehman College and author of *Addie Bundren is Dead*. She has won The Midwest Writing Center’s *Off Channel* Contest, Connecticut Poetry Society’s Award, *Boulevard’s* Emerging Poet’s Award, *Spoon River Poetry Review* Editors’ Prize, *Iron Horse* Discovered Voices and nominated for three Pushcarts. She has published in *Alimentum*, *The South Carolina Review*, *Agenda*, *Nimrod*, *Snake Nation Review*, *Third Coast*, *Dogwood*, and *The North American Review*, among others. She lives in NYC and is a psychoanalytic candidate with Harlem Family Institute. Email: salita.bryant@nyu.edu



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