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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