

# POEMS FOR COOKS

Head Cook, consider sharing one of these with your sous chefs as a reminder of the opportunity to relax even while doing “chores” - the secret to being Cheerful!

## ***NO MEASURING UP***

*Now I make time  
to peel potatoes, wash lettuce,  
and boil beets, to scrub floors,  
clean skinks, and empty trash.  
Absorbed in the everyday,  
I find time to unbind, unwind,  
to invite whole body, mind,  
breath, thought, and the wild impulse  
to join, to wallow in the task.*

*No time lost thinking  
that somewhere else is better.*

*No time lost imagining  
getting more elsewhere.*

*No way to tell this moment  
does not measure up.*

*Hand me the spatula:  
now is the time to taste what is.*

*-Edward Espe Brown*

**THE HIDDEN PATH: REVEALED AT LAST**

*Take a look, after all.*

*Has berating yourself,  
being unhappy with yourself and others,  
things and events, produced happiness  
or unhappiness?*

*With all this criticism,  
blame, hurt, fault-finding,  
has improvement taken place?*

*Do you now, at last,  
have every reason  
to be happy with yourself?*

*Leave well enough alone.*

*Appreciate this carrot, cabbage,  
cucumber, and cress, this time  
with the less than perfect.  
The remarkable flavor you have  
searched for is everywhere.*

*-Edward Espe Brown*

### **WORKING ON HOW I WORK**

*I do this chore  
not just to get it  
out of the way,  
but as the way  
to make real  
kind connected mind.*

*May I awaken to what  
these ingredients offer,  
and may I awaken best I can  
energy, warmth, imagination  
this offering of heart and hand.*

*-Edward Espe Brown*

### **GETTING STARTED**

*Washing my hands, preparing to handle food,  
I cleanse my mind of same old thinking,  
and offer to lend a hand,  
freshly doing each task.*

*-Edward Espe Brown*