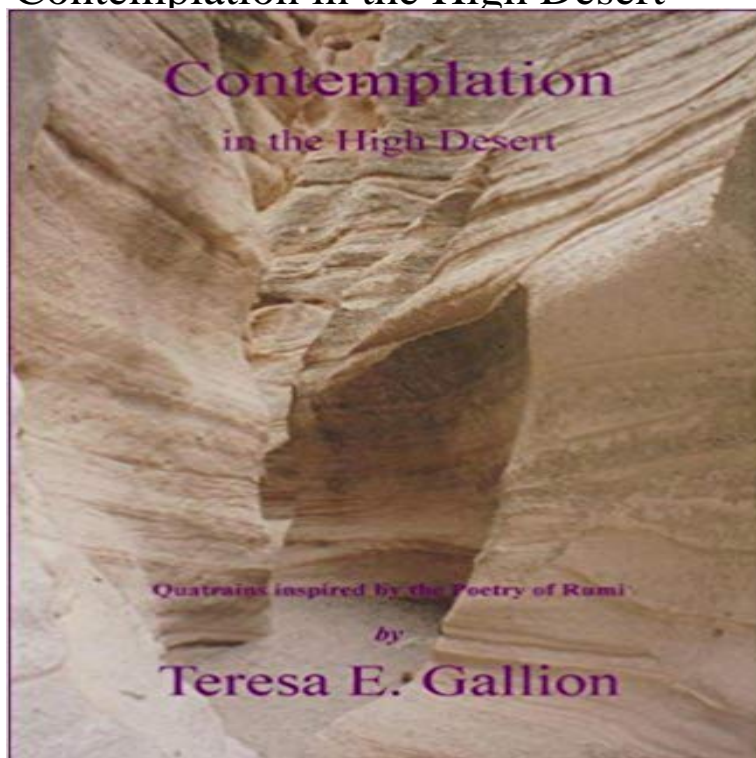


## Contemplation in the High Desert



Preface I am blessed to live in a high desert sanctuary where the sun shines more than 325 days a year, where the blue vaulted sky sports the most spectacular clouds and the night sky twinkles with ecstatic brilliance. Add to that the indescribably beautiful New Mexico landscape that draws artist and writers from all over the world. Within that context, I often find my head in the clouds whether walking the city streets, a desert arroyo or a Ponderosa Pine trail. For me, the New Mexico landscape is sacred ground. To share this space with the soul of Rumi is a blessing. I became intimately acquainted with Rumi (13th century Sufi mystic and poet) over the past 12 years, sharing moments of quiet reading and reflection when one retreats from the tasks of daily living. Rumi resonates with my heart and soul as I sit in my rocking chair at home, as I sit by my morning campfire, as I sit in a natural hot spring in the mountains, as I sit by a river gently flowing past, as I sit under a Juniper Tree in the middle of the winter desert. No matter where I read Rumi, I am always inspired to write quatrains in response to the lyrics of wisdom that sing to me. He makes me laugh and cry, stand in righteous indignation, tremor with ecstatic joy and sometimes I dance, especially at home. All of these emotions flow into four line verses that respond to whatever touches me in that moment. I did not start writing quatrains with the intent of publishing a book. My dear friend and colleague, Debbi Brody, would see a few of them every year when we attended the annual writers festival at Ghost Ranch Conference and Retreat Center in Northern New Mexico. She always said, You need to put these together in a book. So I finally listened to that gentle nudge of Spirit coming through Debbi. When I put the quatrains together as a collection, I realized the significance of what I had been doing for so many years. I was unfolding spiritually at a pace I could

handle. Contemplation in the High Desert has become a love offering to all who spend time in quiet reflection, contemplation or meditation. Each quatrain stands alone and may be used to start or end your day. If you are a writer, I hope it provides prompts to jump start your writing. If you are an artist, I hope it stimulates your creative juices. Regardless, I hope these quatrains stimulate your inner journey of self. Most of all, I hope they provide a partner to sit with and simply reflect on life. I invite you to sit in a quiet space that gives you solace and taste the flavors of these quatrains. You may find some that will tickle your taste buds. The menu is diverse. Indulge yourself and may you find something that nourishes your Spirit. Teresa E. Gallion May the Blessings Be September, 2011

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