

## **Leaving the Temple**

**By Kristin Morris**

Leaving the hills  
doesn't mean you'll never walk them again

Rising from your cushion  
doesn't mean it's your last time sitting in peace

Love these things, and grieve them when away,  
But trust that they are there  
And you can return to them without knowing when, yet

This is also your duality talking  
Your notion of a here and there, and your fear of that notion

So you will return  
In walking forward and away, you will return fully  
And on those days you jump to Nirvana,

You will never have left.