

2024

FALL

RETREAT

DRINK GREEN, LOVE AND LIVE.  
DO GREEN, WE NEED SO MUCH GREEN  
TO COVER, ALL THE RED.



OUTSIDE - I MEAN THE  
FIRST SIDE. I WONDER  
WHAT THE  
SQUIRRELS THINK  
OF US.

Joy begins the day  
I notice who's not here  
Sadness as noise comes

Showers were  
in the forecast.  
I didn't know  
they'd be  
golden leaves.

Leaves brown like  
the acorns  
Growing old is an  
honor  
Inside me, a baby

FREED BY A COOL BREEZE,  
AN OLD WALNUT IS RELEASED.

\*thank!\* ...FALL HAS BEGUN.

So much war around  
that an exploding walnut  
evokes only wrath

Equal night, meaning  
to day: breeze  
rustles, leaves  
fall:  
yellow drops,  
rain splash:

2024 ...  
SUMMER  
RETREAT  
...

Wild hydrangea  
love  
ranger - sometimes  
solo; here  
a collective slope

See The  
human form  
in nature

Break open  
the cage  
of your  
Mind

Does a  
good lawn  
mow  
Feel like a  
manicure  
TO freshly tanned  
Earth?

TASTE RAIN, WITH YOUR SKIN,  
NO HURRY; NOT COLD, UNLIKE THEY TOLD,  
WALK RAIN, BEYOND YOUR BOUNDARY.



Tony writes haiku  
for years I've written them, too  
but never in rain.

the goldenrod thirsts  
midday rain comes to  
quench it




drops puddle on  
leaves



My body is here  
The rain is also with  
US  
And so we contend

a few fat drops slide  
off the poplar leaves  
to the  
sound of chickadees

Happy kittysuit  
my parent returns soon  
 Marsha always smiles

· 2024 ...  
SPRING  
RETREAT

The flower reaches  
Up to the sun. Just so, I  
Move toward my good.

Breathe Silence  
Body mind  
Kiss of the wind  
Warmth of the Sun  
Birds, Squirrels  
cricket's song  
Peace Love  
One

If a friend hurts  
you

Are you friends?  
If an en-uh-

-me helps you,  
what, then?

Before the  
advent of brain,  
there was no light,  
sound or sensation.  
There was no pain,  
suffering or  
injustice.

Inner Story  
teller  
Tell me a story  
that builds  
not breaks

BENEATH FALLEN LEAVES

HIDES THE DOMAIN  
OF THE SNAKE!

I AM MADE AWARE.

It started raining  
I wanted to stand  
in it  
But my hair would  
bleed

Nature does not mask  
How strange then that  
I do this  
Perhaps I just be

at treatment they said  
don't push it down. let it  
be  
blessed to be with you

Quiet and  
unrest


Being alive is  
jarring

I have all the  
feels.

Is time even real?  
What I thought  
was slow is fast  
I can read just

The fire snaps  
sharply.  
Some of us think  
it's Tony  
And we all  
slow down.

A log in a fire  
Burns brightly  
for a short time  
And then  
falls apart



This pair of squiggles  
Even though they aren't perfect  
still deserve their space.

2024  
WINTER  
RETREAT

The sun is  
gonna shine  
in my backdoor  
someday

Semi-clean lunch bowl  
beside an apple. Filled with  
yellow leaves and rain

Isabella's  
water bottle  
wasn't at  
the orientation.

Why meditation?  
Healing. Growing.  
Mindfulness.  
Thanks community!



BONUS!  
INSERT  
2024  
... IN ICY HAIKU ...



Kindness connection  
My mind dwells on  
those I love.  
I tap this spirit.

What if I said I  
haven't seemed to find any  
joy. I ~~saw~~ a glimpse.

FLYING THRU THE  
AIR  
OUR INTENTIONS  
ARE GOOD.  
ON THE GROUND  
NOT MUCH

SUMMER  
RETREAT  
2023

A  
question

A thousand Trees fell  
in the autumn tornado;  
How did squirrels fare?

~  
.

FALL  
2023

The hottest retreat  
on record; September sun,  
no shade, no fans.

Cherry tree shelter  
are you getting pummeled  
with walnuts?

Divorce Sucks  
Being married to  
you was worse  
The thaw has  
begun

I am feelings  
anger sad  
joy free alone  
full and empty mind

I ate to gain the  
affection you  
wouldn't give me  
and now I'm  
fat w/ shame

Family nephews  
Distant ones, all  
are with me.  
And now I with them.

Joy, fear & Boredom,  
We all sit at the table,  
Who would like some  
tea?

Have so much to say  
How much time do you  
have today?  
What about tomorrow?

There is nowhere  
that,  
I would rather be  
in fall,  
Than Indiana  
😊  
Anna

Marking seasons  
through retreats

last fall, depression  
set in.

What does this  
winter bring?

Hot, cold, warm,  
cool, fresh  
Falling swirling  
floating down  
Autumn equinox

My head is empty

I cannot find any  
words

~~The world is broken~~

Nonverbal for Now

The morning was so early

I decided to stay

But state of mind changes,

quickly

My future Land

I dream of ~~filling~~

For a garden of my own

Land, unforgiving ♡

First there is yes

Then there is loss

Then there is a yes

that befriends the loss

It is still yes

It is an entire yes

~~del~~

Not broken, not whole.

These are both stories.

The blade of grass  
quivers, soft.

All my worries bloom

out of the mud:

gold sofas

for the butterfly

Slowly, sap, my blood,  
wakes & circulates,  
I sway,  
leaves, my daughters,  
dance.

Sap, my blood, slowly  
circulates through  
every branch,  
leaves unfold  
and stretch.

Up at the  
tall trees.  
Over at the  
purple vine.

Just not  
straight ahead.

I sit, I smell fall  
Rot, Decay - Reminding me  
To live life fully.

AH, THE BREEZE FELT  
JUST SO WONDERFUL  
AND SOOTHING,  
AWAKENING THE  
SOUL.

Sun wakes the grass  
smells:  
dandelions, dirt, and  
dog pee.  
or is it my feet?

Bare foot feet resist  
Feeling the coolness of grass  
A pleasant surprise

Autumn has the moon  
and leaves that blow  
into my hair  
they smell of fire  
and spice.

unclench your tight jaw  
autumn wind  
blows away shadows  
sit, breathe in  
the light

Trees waving at  
me, or maybe  
dancing. Naked.  
In the sun.  
Life goals.

Trees, seeking  
nothing  
Gently swaying in the  
breeze ~  
Totally at ease

My dear friend sunshine  
Thank you for visiting,  
Come back again soon.

Wind blows flowers  
They tremble and  
shimmer  
Shaking off the  
cold

Spring moon  
Rises high  
- Moonlight  
dances with  
the clouds  
- ushering in Spring

Sycamore leaves fade  
Greens go back to  
baby gold  
grief changes shape

losing my father  
grief what will  
never be  
connect with  
new life?

Your spirits join us  
All those who have passed away  
In this place you live

Tap tap tap. Tap.

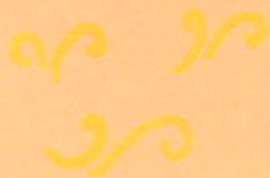
I didn't have to  
explain

what the mok-tok  
sound means.

Toasting back;  
thoughts flow

Content Ordinary Heart

A presence; Breeze Swirls



Warmth of the sun  
's Christmas on  
my skins  
the breeze divine

Ackon sun rains down

Naive blooms, misguided  
mass

Baptized, like my heart.

- Curled inward from cold,
- the May Apple spreads its  
leaves.
- Welcome spring sunlight!



Dogs bark ~~celebrates~~ ~~stigh~~  
A cat

- Wind blows blades of grass
- Tiny bugs play hide and seek
- Sky kisses ground awake.

Little spring flowers

White, purple, and  
yellow too

A spring community



WE GROW FLOWERS  
A LOT

WE PULL  
WEEDS BY  
THE DOZENS  
WHY DO WE DO  
THAT.

Time to hold time

Go

Embrace with an  
open heart.

Show forgiveness too.

Ghosts of friend-  
ships past.

They linger in the  
present.

Where did the  
love go?

Autumn leaves falling

where no words are  
spoken, are

Surprisingly Loud



Heart open to peace

with each step a falling leaf

Mind takes many paths

Look up and see blue.

Fractals waving in the  
breeze.

Life in shapes around

Spring rolls in spring,  
yeah

If the season is  
not spring

Do they still exist?

Cool breeze on  
my face

Competes with the  
warm sun

Reminds me of  
Spring

Leaves and  
flowers.

Gone too soon  
SUN to moon

Abundance awaits

Mary's water jug  
is green. So is  
the grass. So is  
silence.

Bright breeze bites nicely  
Like green curry and chocolate.  
Love letters from Gaia.

EVEN WITH A  
SINGLE BLADE  
OF GRASS  
LIFE IS  
PRECIOUS

Ooh wee here I go!

Flipping and swirling in air  
on my way to earth

Fall, begin again  
Listen to the sound of growth  
of COLORFUL depths

The season of change....  
arrives as scheduled  
you see....  
Cant change its motion....  
Surrender and see its  
beauty.

Yellow leaves falling  
A sudden floating ballet  
Dancing in the air.

The whole world  
dances:  
trees and grasses sway,  
leaves twirl;  
now, stand up,  
your turn!

The air is warm still  
the trees around us,  
still green  
leaves are made to

f  
a  
l  
l

## Tofu Scramble

Tofu, red onions, kale,  
Bell peppers, olive oil,  
turmeric, cumin, chili  
powder, pepper, salt, paprika

## Tofu Scramble

Is it a haiku,  
The long list of  
ingredients,  
or a recipe?

Yellow jackets like  
half-eaten muffins

April sitting and  
spicy curry. I feel sun  
inside + outside.

Texture & Colors,  
Chirping, laughter & Cars,  
Spicy, Hot & Sweet

Leaves pinwheeling down  
one by one gaining in  
speed  
plunging into fall

The trees are flirting

The earth supports my  
body.

Do you love me back?

TAKE the time  
you need  
Spring is not  
to far away  
~~Have~~ fun like  
the Squirrel

Trees leaves birds and wind  
What a symphony of sound  
The heart and mind rest.

The sun breathes out  
and  
Everything around  
Breathes and  
Cottonwood trees  
Clap

Laughter in the breeze.  
It's a love affair, really.  
In the sound shower



Tweet! Interruption  
To seek is to deviate  
Said the robin red.

Undulating buzz  
Insects thrum below  
it all  
They are the  
white noise

Birds nature Spring  
fluids changing  
shapes form  
moist puddles

Hello! Dear Beetle!  
Welcome to earth!  
Will you care  
to share human fare?

Golden-haired wild  
flowers dancing in the  
breeze  
celebrating fall

What is the way? See  
finches feast on cornflowers  
heads down, acrobats!

Little birdies perched  
on wildflowers digging in  
I sit watch and smile

Alw

Cicadas are loud.  
They sing me to  
sleep at night.  
Be quiet small  
ones.

Breath of the  
forest  
Insects murmur-  
ing in wind  
Leathery leaves  
here

MONARCH  
BUTTERFLY

HOW DO THEY  
KNOW WHERE  
TO GO

FOLLOWING  
THEIR HEART

Intention today  
To hold heart space for  
the One  
Being light to this world

Meaninglessness, yo!  
We can hardly face the void.  
~~But~~<sup>So</sup> sit still and breathe.

This Breath, this moment.  
It is now - You have arrived  
Be here - Breath - Be here.



The same as last  
year

And somewhat  
different too  
Another layer

Space and air and wind,

Walking in an embrace

Open Plains Abound

NAMASTÉ RIGHT  
HERE-

I AM GONNA  
MEDITATE.  
NAMASTÉ A  
BIT.

Autumn sun is warm

Grasshoppers, ants and flies

Wishing each one well



Little Grasshopper  
Living his wild life  
with us  
Shows us how to be

Ants lay tracks  
across  
the flattened grass.  
What's the news  
under our footsteps?

Butterflies feeding  
As we wait for our own meal  
Natures common thread

Big bee; white clover

thoughts wide as the  
clear blue sky

then the Thai food  
arrives.

1 Flavor so delicious

tongue covered

2 in such delight

3 Fall Retreat  
Gumm

Whack! Not shoulder  
blade

I want to ask how  
you feel ♡

I bow and move  
on —

Zen whacks each body  
like a drum. Ah! now  
I know

What my friends sound like

Too cold, too warm,  
pain...

Sarah, please  
whack me again!

I want to wake up.

Friends sit. Friends nap &  
swing. Friends ignore  
their cell phones  
and hear birds singing.

Chocolate almond cake  
yes, loss. yes, seasons change.  
yet:  
chocolate almond cake.

Tony keeps time.  
Flowers bloom. grass grows.  
Leaves turn. Snow falls.  
Tony keeps time.

My offer of curry

Snapped her out of  
her fury

A day early

My back is aching

Isn't it time for  
a break

Is Tony asleep

Season of healing

Take and give what is  
needed

To return to heart

Leave thoughts of the past  
It's more fun to be present  
Feel alive @nce more

September is here.  
How will I feel  
When it parts?  
Only time will  
tell.

Loves no longer  
here

My heart still an  
open wound

Autumn breeze  
still numb

Not yet one year since  
you were here - no wasps  
no walnuts  
the green woods barely green

Last year, Lauren you  
took pictures of hails.  
Now, they're all for you.

I missed you today  
In a grateful, joyful way  
I can still hear you &

'I' don't do Markus  
Not a fan of poetry  
This is all I have

'I' can't draw either  
Prose is preferred  
above all  
Nothing left to share

Autumn sun  
shines bright.

A gift to us  
before dark.  
Its warmth  
brings me peace.

LOVE TO BE

WITH YOU

LOVE TO BE

WITH ME

Welcome, sweat  
trickling  
down my back. I will miss you  
when winter comes  
back.

~  
~  
I crane my neck  
like our Freya in the car  
to catch the cool  
breeze

~  
~  
The whistling of  
strings  
like a melody of joy.  
"Uncle, look at  
me!"  
~  
~

so afraid to be seen  
words emerge words leave  
so you know,  
this feeling too?

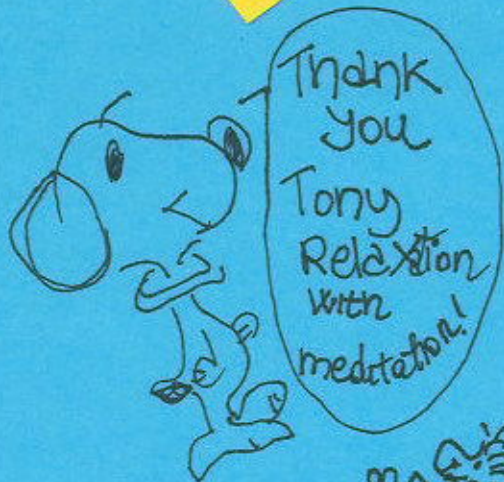
HAIKUS ARE  
EASY.  
IT'S THE  
WRITING THAT'S  
HARD  
POETRY IS TOUGH!

What if I write  
something too ~~revealing~~  
revealing and  
you really see me

i am a novice  
sitting still as the leaves fall  
the Earth catches us



equinox-  
folding and  
unfolding  
whorls of  
buckeye



Thank  
you  
Tony  
Relaxation  
with  
meditation!

DOLCE  DORMIR

SPRING  
2023

I'm writing haiku  
Watching my friends  
read haiku  
about writing haiku

SHARING SPACE IN  
SILENCE  
HAS MADE ME FEEL  
ACCEPTED  
AND ALLOWED ME TO  
COME ALIVE

LEARNING TO SIT  
WITH  
WHATEVER COMES  
FORTH CAN BE -  
COME EASIER WITH  
PRACTICE, RIGHT?!

GRATITUDE AND  
APPRECIATION FOR  
ICY - FRIENDSHIP +  
PRACTICE.





LAUREN - our dear  
friend  
Who could not be  
here with us:  
this one is for you.



MISSING  
you  
Beautiful  
ANGEL  
♡

in honor of  
Lauren Ditchley  
design by  
Ania Spyra



Indy Community Yoga  
Retreat Haiku  
2023