

PRACTICE SMILING

**WILLIAM
PALMER**

All day long, we can practice smiling.

*-Thich Nhat Hanh, *Being Peace**

I decide to start
with a small one

while buttering
a bran muffin

washing a blue glass
a white plate

I try to wear it
reading obits

Each day I loosen it
a little more

like a rope
braided to an anchor

of sorrow
that holds me in place