

## Clouds In Each Paper

If you are a poet, you will see clearly  
that there is a cloud floating in this sheet of paper.  
Without a cloud, there will be no rain  
without rain, the trees cannot grow  
and without trees, we cannot make paper.

If we look into this sheet of paper even more deeply,  
we can see the sunshine in it.  
If the sunshine is not there, the forest cannot grow.  
In fact nothing can grow without sunshine.  
And so, we know that the sunshine is also in this sheet of paper.

And if we continue to look we can see the logger  
who cut the tree and brought it to the mill  
to be transformed into paper.

And we see the wheat.  
We know that the logger cannot exist without his daily bread,  
and therefore the wheat that became his bread  
is also in this sheet of paper.  
And the logger's father and mother are in it too.

When we look in this way we see that without  
all of these things, this sheet of paper cannot exist.

Looking even more deeply, we can see we are in it too.

You cannot point out one thing that is not here in this piece of paper!  
Time, space, the earth, the rain, the minerals in the soil,  
the sunshine, the cloud, the river, the heat....beauty, love...  
Everything co-exists with this sheet of paper.

As thin as this sheet of paper is, it contains everything in the universe in it.

—by Thich Nhat Hanh (Mar 25, 2002); modified slightly by David Moss, MD