

Being a Monk on Big Sur for a Month - Diana Raab

One can lose oneself seated
on this Big Sur cliff –
a turning inside out of sorts,
beside a rustic log cabin
created by long-gone friends
who believed creativity birthed in isolation.

A surrounding path begs for meditative mindful steps
beneath bowing branches,
as visitors nudge night crawlers left behind
by Steinbeck boys, and museums.

I used to take my thoughts there,
catch glimpses of magic
on moss-covered benches,
beside buried journals
hidden in pine needled paths.

In the distance, an ocean washes woes away
and hugs hungry hearts,
while braided memories
are written with her crystals
in glistening waters
weaving disconnected stories.

This cabin has no phone
no TV nor human utterances –
one only hears a purring forest
to embrace lonely souls like me.

“Being a Monk on Big Sur for a Month.” (January 2021). *Front Porch Review*.

There's a universe of possibilities here,
a real-life force –Pacific-powered inspiration –
as these cabin walls capture
creative bursts and bleed
onto the pages of our minds,
in a place where Nin and Miller

made deep penetrating love.

Hearts come alive here
and loneliness evaporates
like whiskey in open canteens,
on this edge of Big Sur, and it's cannon-like waves.

So yes, we can lose ourselves
on this Big Sur cliff
once turned inside out,

we can also find ourselves
and our long-gone friends.

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Diana Raab, MFA, PhD, is an award-winning author of nine books. Her work has been published in numerous journals and publications. She frequently writes about healing and transformation. Nature inspires her creative process, and when she's not in nature, she listens to music eliciting nature sounds. She's taken numerous life paths, including health care, nursing, and journalism, but her underlying theme has always been about healing. She's the mother of three and grandparent of five.

Raab blogs for Psychology Today, The Wisdom Daily, The Good Men Project and Thrive Global, and is a guest blogger for many others. She's editor of two anthologies and two memoirs. She loves inspiring others to write their stories. Her latest books are *Writing for Bliss: A Seven-Step Program for Telling Your Story and Transforming Your Life* and *Writing for Bliss: A Companion Book*. Her latest creative endeavor is *Conversation Cards for Meaningful Storytelling*. Visit her at: dianaraab.com.

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