

Kadesh Meditation: Resilience

Contributed by [Many Sources \(Compiled By Stephanie\)](#)

Source: "Given Sugar, Given Salt" by Jane Hirschfield

More and more I have come to admire resilience.
Not the simple resistance of a pillow, whose foam returns over and
over to the same shape, but the sinuous tenacity of a tree: finding the
light newly blocked on one side,
it turns in another.
A blind intelligence, true.
But out of such persistence arose turtles, rivers, mitochondria, figs—
all this resinous, unretractable earth.

"Optimism" by Jane Hirshfield