

Meditation on a Grapefruit

By Craig Arnold

To wake when all is possible
before the agitations of the day
have gripped you

 To come to the kitchen
and peel a little basketball
for breakfast

 To tear the husk
like cotton padding a cloud of oil
misting out of its pinprick pores
clean and sharp as pepper

 To ease
each pale pink section out of its case
so carefully without breaking
a single pearly cell

 To slide each piece
into a cold blue china bowl
the juice pooling until the whole
fruit is divided from its skin
and only then to eat

 so sweet
 a discipline
precisely pointless a devout
involvement of the hands and senses
a pause a little emptiness

each year harder to live within
each year harder to live without

Source: *Poetry* (October 2009)



Craig Arnold earned his BA in English from Yale University and his PhD in creative writing from the University of Utah. In 2009, Arnold traveled to Japan to research volcanoes for a planned book of poetry. In May of that year, he disappeared while hiking on the island of Kuchinoerabujima. In the *New York Times*, the poet David Orr mourned the loss of Arnold, but noted it would “be a

mistake to think of him as a writer silenced before his prime... His shelf space may be smaller than one would wish, but he earned every bit of it."

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