

## Dualism for beginners

by [Jen Stewart Fueston](#) in the [April 24, 2019](#) issue

We don't choose what we believe in. Toddlers sing-song  
*you can't see me, you can't see me*, even though  
they've only closed their eyes. You know the soul  
by how it wakes inside you when you're looking

in a mirror and you see yourself see you. This strange  
unrecognition felt before you learn the difference  
between mind and brain, that science can't locate  
the part of us that knows its knowing. There must be days

this first makes sense, but children feel out such riddles  
with their hands. Right there in chapter one, this earth  
we think we're other than takes form, and we're an urge  
of breath blown through the dust. The way a child plucks

dandelions and blows the star-shaped seeds through air.  
They don't know they're made of earth until they fall.