

SILENCE - LISTENING

Shhhhhh

giving way to imagine
a call to silence

an absence of sound
silence as a space in time
poised in the moment

retreat from the world
to become at one with Earth
being in silence

ambient heartbeats
reconnecting with ourselves
potential promised

not so much a pause
more a sense of becoming
time made manifest

listen to your heart
listen to the day become
listen behind you

WALK

our feet on the Earth
our heads waving hands in clouds
our hearts connecting

walk in harmony
transferring our attention
dancing with the wind

tread gently always
walk with attention and care
placing your presence

shifting your weight
carefully step in the light
our time slips away

not a word spoken
tracing our steps together
keeping pace with time

possibilities
imagine diverse futures
acting together

SONG

emerge from silence
sonic metabolism
our breath shared in song

dialogue in time
engaging with each other
finding voice as one

hear one another
resonating with this place
holding breath and thoughts

learning for ourselves
how to engage with others
unspoken gestures

vacuum of peace
filled with sounds of difference
rhyming with a breeze

singing songs of life
storying how Earth began
dreamtime becoming

MOVING ON

moving on in time
vanity of vanities
this is how it is

to face the unknown
meeting with difficulties
learning some home truths

human resources
conforming to conditions
the mirage of norms

changing our patterns
we are dancing with dragons
what are you thinking?

for the greater good
finding new destinations
rhyming place in space

nature emerges
hearing a breeze pass through us
life as a blessing