

Dancing Heart - Still Heart

Yesterday the earth danced.
The trees swayed in the wind.
Birds sang, jubilant.
Bugs darted in and out.

Dancing earth, dancing heart,
You and I are one,
Joy and celebration,
Strength in union, exaltation.

Today the earth is still.
All movement slight and slow.
The wind is but the slightest breeze.
Bird voices, brief, momentary song.
Even bugs sleep.

Still earth, still heart,
Sit
Ponder a new beginning.

Mary Ann Bredice, IHM

