

Healing Meditation #1

Always, alwhy, alwhere
we breathe our breaths
within the great Breath.
Gentle now, the breath,
and open, the mind.

If bothered by a grudge,
forgetting.
If squeezed by a fear,
faith in faith in faith.
If too many self-mirrors,
outgoing to the hurting.
If mental moneyclaws,
giving both little and big.
If outstriking rage,
surges of forgiveness.

In our jungle of errors,
out of dark unknowing
each new leaf sprouts
as a separate pain, regret,
disease, or loss of body--
but each, when assimilated,
becomes a sacred leaf
in our Book of Knowledge.

For strength, going soft.
In softness, seeing light.
In light, discerning duty.
In duty, finding joy.