

Star and Atom

Every atom in you is a star.

Every star in heaven is an atom.

Balance

Balance

Is at the center

Of every thing.

Find balance,

Find the center

Of every thing.

Find balance,

Find the center

Of everything.

Lines

You have a line
Which starts in you
And goes out from you,
Arcing through the Universe
Until it goes into
Something which is not you.

You have one of these lines
For every single thing,
Every whole which is itself a part,
Every part which is itself a whole,
In the Universe.

Every time you strengthen a connection,
You wind more lines around these lines.
You turn a line into a thread,
A thread into a rope,
A rope into an anchor.

Every time you weaken a connection,
You fray and sever lines wound round these lines.
Yet, no matter how you damage your connections,
No matter how they are harmed by those around you,
You can never have less
Than one line,
Connecting you
With each thing in the Universe.

Parts

I am many parts.

I am every part.

I am more than every part.

The world is many parts.

The world is every part.

The world is more than every part.

The Pull

Feel the pull of that which breaks you down,

Like the weary urgency
Of more anger when angry,
More pride when prideful,
More contempt when scornful,
More despair when hopeless,
More fear when afraid.

Feel the pull of that which builds you up,

Like the refreshing urgency
Of sleep when tired,
Food when hungry,
Guidance when lost,
Hope when hopeless,
Love when lonely.

Giant Spirit Unfolding

Inside you is a giant, sacred spirit.

Help it unfold,

Unfold,

Within and through you.

Help it uncurl itself

And stand tall,

Far taller than a human,

And you are carried with it.

When you look around you,

You look with a head

Higher than the clouds.

Vast and sacred,

You move like a giant through the world,

Filled with the deep, respectful gentleness

Only a giant can know.