

Life is a dance

Where to begin
at the beginning?

No
now

The real question is
how do I choose to meet the moment?

First to bring into being an internal impulse
consciously
from the heart
with breath
with feet on the Earth
rooted
connected both inside and outside
engaging the brain.

Opening like a flower greeting the Sun
With toes tucked well into the Earth

Breathing
into the body
Moving
from the heart
Responding
with awareness

To the flow of breath, body, heart, brain, spirit and the World outside

Relating
now...

July 25, 2015