

In this email: One Continuous Breath

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EARTHLINES
Pause

Summer Solstice~ 2020

There is one continuous breath that flows
through all beings, all people, all races, all species.
This breath is not a matter of belief.
Listen to the wind.
Look at the movement of leaves and grasses.
See the yellow striped swallowtail hovering over a tiger lily.
Look and hear that the world is real, beyond our manipulations.
Inhale and know we are not the source of breath.
Rather breath breathes you, me,
the high song in the tops of pines,
and the small song in the throat of a scarlet tanager.



If we do not pause to sense the fullness of this breath,
its life-force, its love of every subject it informs
from the very inside out of their being-ness,

our very need for each other.

This moment, Solstice 2020,
is a moment of slowing down to natural time,
for us, to a human rhythm,
so we can notice that we are not cogs in a machine,
or servants of technology,
or consumers of products exhausting the planet,
but sisters and brothers, friends and lovers,
children and parents slowing down
to appreciate a human scale of relationship.
In this pause,
this breath,
We begin to see how to make ourselves—
all of us together—
Whole again.



We are not separate.
We do in truth belong to each other:
One continuous breath wafting through every life.

Trust this:
This breath.
This spirit.
This unifying force connecting all Life.

When the heart opens to this truth
its human name is Love.

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