

Remember

Dear one, remember the sky.
The vast expanse of blue on a clear day
Clouds whisper by, inviting our gaze
Across and wide.
There is so much space here,
If we really stop and look, dear one.

Remember water.
Remember the way light and water together make flickers
Diamond gifts before our eyes given at no cost.
Water, moving always.
Showing us a demonstration
Of the constant re-cycle of life.
Waves falling over upon themselves
Pushing close, pulling far
Returning and re-membering themselves
Back into the bigger part of the ocean.
Rivers do this also.
What appears to be a flow in one direction
Eventually re-joins all the water on earth.
Re-member this, dear one.

Also remember birds.
On a clear, spring day their constant chatter
They are not disturbed by cars, hammers, sirens.
Their song bleeds its melody and chorus
Independent of the noise around them.
Re-member them, dear one.

Hold their refrain as you feel yourself gather
All of those whom you love.
Draw them close.
Imagine they too see the flickering diamonds of the water.
They too see the vast expanse of blue sky.
They too hear the crisp, bright birdsong.
You are altogether.

As the river re-joins its lake, its ocean
And all the rain from the sky
As the birds, not knowing one another
Yet joining their voices with countless others to create symphony
As the sky covers every single one of us in its vast blue blanket
Dear one, re-member
You are not alone.