

# Earth Sanctuary

Raven calls  
Flies over head

I hear his wingbeat  
Feel the air moved by his flight  
whisper past my lips

We are one Raven and I

I share space with Woodpecker  
Hear a Four-Legged in the brush  
Salal and Snowberry

Breath in  
Breath out  
I breathe the wind stirred by birds' wings

The love in my heart is not mine alone  
It flows in endless drifts and waves to, from, between, among  
It is the very breath  
Of Me  
Of Earth  
Of Life

The stones stand tall and purposeful  
Without question  
No why needed

Simply Be

Stand tall in reverence to Life  
Silent acknowledgement  
Of Being

Hawk appears  
Spreads her wings to the west  
Perhaps jolted out of stillness by my presence  
Perhaps not

Breathe in breathe out  
The wind that has touched her wing

What is mine to bring here?

A simple Beingness  
Standing tall in reverence  
For Life

The life I live is not mine alone  
I am here as an expression  
To flow in and out among and through

To know  
All Is  
I Am

Amanda Quaid, Winter Solstice 2011