

Sacred Breath Mantra

a wounded rock
splits the mountain:
earth falls away
and sky tumbles

headwaters heal
the riven seam
waterfall pours
hope into hurt

tributaries
plant wildflowers
and waken trees
ashen with drought

pooling stillness
invites sorrow
to sit, to rest
to hold, to be

breathe in with me
breathe out with me
like spores, like leaves
like storms, like seas

we ebb and flow
we break, we seed
give way to grief
let anguish flood

these banks and bars:
love is what floats
whether this side
of time or that

like spores, like leaves
like storms, like seas
breathe in with me
breathe out with me

Cassondra Windwalker