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Giving Pause

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You know your life's ship
was crafted to sink at sea
one day—but from this?

How did this unseen
slight speck of protein and gene
sink its teeth so deep?

Did it know it would
truly unfold and remould
the shape of us all?

It is not all bad.
Air, soil, wealth of Mother Earth—
sweeter than the past.

Slight speck giving you
moments of pause to sit still,
feel uncertainty.

Every changing day
revealing new soft spaces
to live with presence.

Maybe you've never
relaxed into the chaos.
Now you have a chance.

About the Poet

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