

One Enlightened Leaf



When we choose
to dance alone,
separate from the music within us,
we experience neither
our own beauty
nor our own completeness, ...
we become much less
than what we are capable of being,
leaving behind
the significance of all that we are
and all that surrounds us.
Yet, when we choose
to dance
with the elegance of creation,
we become the generosity
of our own spirits
and, ...like one enlightened leaf,
joyfully
drinking in the rain
and opening itself to the sun,
the entire tree
is made more beautiful
by a single statement
of grace.

- Heather K. O'Hara -

from
AXIS, The Song in the Center of the Soul

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