

POETRY

Drink Deeply, Return Often

by Peter Mitchell

In this magical moment while our souls touch, let our breathing deepen and serenity embrace our bodies, our minds, our desires, our feelings. A sea fog has ridden the waves and the wind and touches us with its ethereal cool mist. There is no sound beyond the eternal yet ever-changing surf. The fog thickens and our little i disappears with land and sea. All life's road maps are but warm grains of sand beneath our feet.

There is no direction and no movement, no anxiety, and no fear, no thoughts of the future or reminders of the past, only a calm surrender, a quiet awakening. There is the ever-present now, surrounding us, touching us, embracing us, filling us, enriching us, telling each of us how precious a gift we are, how each effort toward knowledge, peace, justice, and love enriches the universe. Pain and tribulation dissolve in the mist, replaced by reverence for life, gratitude for friendships and love, thankfulness for the supreme majesty of inner and outer creation. You have entered the realm of your peace, your completeness, your connection to ALL THAT IS. Absolute love reigns here.

Drink deeply. Return often. You are an invited and welcomed guest.