

What I Hear Inside my Breath

What I hear inside my breath
Is "Move Slowly" (2x)

Collect your thoughts and discard them
for more breath (2x)

Collect your thoughts and discard them
for more breath
Let this be enough.

My hands want to
feel the shape of our future wholeness (2x)
My breath says wait.

When you wait between the breath,
you feel the wholeness taking shape
within you
you feel it taking shape
with no effort at all.

- *Tony Martin & Johanna Jackson*
written in 2020