

A Poem for you
By Larry Ward

Maybe it's because
I'm 70 years old,
Maybe it's because I'm young
and I see the alpha and omega
of all things

I say that each of us
are called to shake the temples
of heaven and earth
as we reconstruct
the sanctuary of our hearts and minds.

Fill this sanctuary
however small, however mundane
with the thunder of fierce equanimity
with the wind of compassion
with the fragrance of justice
with the elegance of joy
with the grace of bravery
and the sweetness of love.

Remember
no birth and no death
hide in all phenomena
including all things that come
into the experience of your body
and mind.

Be not afraid,
flee not
despair not
fall deeper into the depths of awakening of your precious humanity
as you Stand up in the house of belonging.