

HEARTS & LIVES

Expanding the notion of love

If one leaf has many veins
and one tree many leaves,
why should our hearts
be choked or restricted?
A universe of love is around us.

If one wave has many droplets
and one ocean many waves,
why should anyone
feel closed or constricted?
Oceans of love surround us.

In our ignorance we drink life
from tiny cups forgetting
immensities around us.

Pouting face?

Breathe softly.

Each moment is an invitation
to exp-and.

- T Newfields

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