

“How to Have an Awe-gasm”

Step outside.

Look down

Beige and brown spider.

Look up

Wood-smoke rising.

Look around

Lilacs and apple blossoms.

Breathe in

Wait.

Let the breath go

in a long exhale.

Feel your spaciousness.

Know your connection to all Life.

We all breathe the same air.

We all walk the same earth.

We are all Divine nature.

Rosa rugosa

The cardinal at the feeder,

The caramel-corn crunch of Junebugs.

Sunset at the cove—

A hundred firefly lanterns flashing in the dune grass.

Lupines wildly erupting overnight in ditches and fields.

The smell of wormsies on wet pavement

as I bend down to retie my boot.

Keep walking. Keep watching.

*Just do it. Swoosh!*

Keep breathing. Keep being.

Wander...wait...wonder.

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