

One Pulsation
by David Briscoe

There is nothing as alive as the heart
Magma at the core of being
It drives the tissues
Soothes the cells
Pulses through eyes
Arms
Legs
Lips
And groin
Exploding and expressing
Who we each are
Moment to moment

The sun
Throbbing heart of our galaxy
Embraced by the open heart
Of the pulsing Universe

Many hearts
One pulsation
Down through the cosmos
Species
Roots
Cultures and generations
Lion's heart
Whale's heart
Hummingbird's heart
Man's heart
Woman's heart
Child's heart
All one heart, alive
Magma at the core of being
Bursting through

© 2007 David Briscoe
Macrobiotics America
P.O. Box 1874
Oroville, CA 95965
530-532-1918
macroamerica.com
david@macroamerica.com