

Intimate with this One Precious Life
Ode to earth, air, fire, water
Russell Delman November 2017

I don't know!
Somewhere between:
"It is all too much" and
"Just say 'yes'!"
A cry rings out:
Earthquakes, Fires, Floods, Hurricanes
How do the birds sing?

After bows this morning
dawn subtly shimmers, a gray-white light
Each breath a grace-filled journey

Upright sitting confirms my presence on this earth
Deep intimacy with THIS spot,
Grace and ground carrying me right now

This nourishing, supportive earth
The same one who feeds and carries us all
Violently shakes her bones
Buildings fall, human beings and animals die
Without earth, no life

Love and loss
Life and death wrapped together
In each others arms.....

Gratefully receiving each breath
All the way down, all the way out
How strangely disconcerting-
this same nourishing air
becomes whipping wind and hurricanes
Without air no life

Love and loss
Life and death wrapped together
In each others arms.....

Thirsty, I drink fresh water
The same water
Which at this moment
Floods and drowns and
Brings fresh rain upon the dry crops
Without water no life

Love and loss
Life and death wrapped together
In each others arms.....

Sitting comfortably in the cool morning air
Gratefully warmed by a wood-burning stove
Reflecting on those losing so much in the raging fires
Warming heat, raging fire
Without fire no life

Love and loss
Life and death wrapped together
In each others arms.....

What happens to our trust in life when betrayed by the elements?
Do we live traumatized, afraid of earth, air, fire, water forever?

I don't know!
I did not lose anything in the fires, floods or earthquakes.
I have no advice for others.
Except:
Choose to be intimate with this life
Even though
Living this way is risky

Love and loss
Life and death wrapped together
In each others arms.....

May those who are struggling with loss receive the grace of loving support
May those traumatized by the uncontrollable, find peace
May we all find a home on our shared earth.....

