

Compassion

Compassion
is the reaching of a breath
from one who is full
to one who is in need
of the air of humanity.

The pull
and rhythm of that breath
a life line back to being in communion with each other.

It is the gentle let down reflex
of our hearts channelling
Gods love. The sigh of the Holy
Spirit filling the space between us.

The tingle of the souls of our feet
as we walk a mile in the shoes
of another. Just a breath. From me to you.

Out and in.

Drawing us back to
the knowledge
we are beloved and equal
in the eyes of God.

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