

Floating to Infinity

To Stress

The coiled larvae winds its might
Cocooned in spirals tight
Till metamorphosis arrives
And breath expands into its' life

It is encouragement to breathe
To pause aligned in gravity
That widens gyres yang and yin
The Tree of Life's connected limbs

The habits formed from earth and sky
Retracted, stiffened and closed eyed
Releases, lifts with inhibition
Anticipatory new direction
To Open

Kat Albert
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