

The Summer Day

—Mary Oliver

Who made the world?

Who made the swan, and the black bear?

Who made the grasshopper?

This grasshopper, I mean-

the one who has flung herself out of the grass,

the one who is eating sugar out of my hand,

who is moving her jaws back and forth instead of up and down-

who is gazing around with her enormous and complicated eyes.

Now she lifts her pale forearms and thoroughly washes her face.

Now she snaps her wings open, and floats away.

I don't know exactly what a prayer is.

I do know how to pay attention, how to fall down

into the grass, how to kneel down in the grass,

how to be idle and blessed, how to stroll through the fields,

which is what I have been doing all day.

Tell me, what else should I have done?

Doesn't everything die at last, and too soon?

Tell me, what is it you plan to do

with your one wild and precious life?

Wage Peace

By Judyth Hill*

Wage peace with your breath.
Breathe in firemen and rubble,
breathe out whole buildings
and flocks of redwing blackbirds.

Breathe in terrorists and breathe out sleeping children
and freshly mown fields.
Breathe in confusion and breathe out maple trees.
Breathe in the fallen
and breathe out lifelong friendships intact.

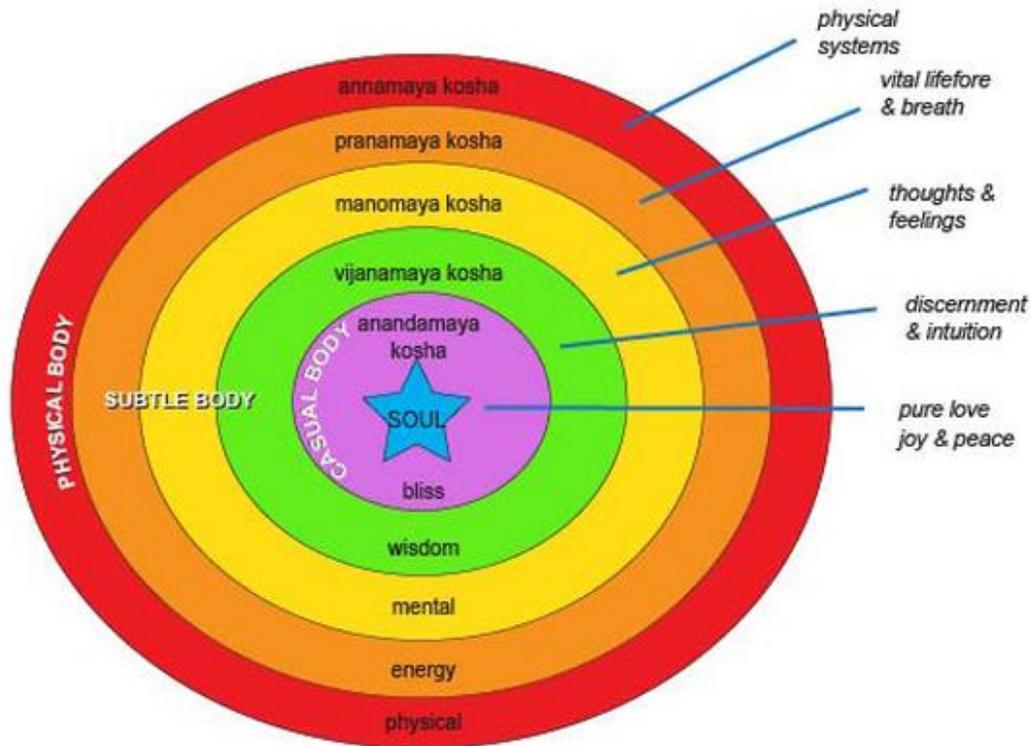
Wage peace with your listening:
hearing sirens, pray loud.
Remember your tools:
flower seeds, clothes pins, clean rivers.

Make soup.
Play music, learn the word for thank you in three languages.
Learn to knit, and make a hat.
Think of chaos as dancing raspberries,
imagine grief as the outbreath of beauty
or the gesture of fish.
Swim for the other side.
Wage peace.

Never has the world seemed so fresh and precious.
have a cup of tea and rejoice.
Act as if armistice has already arrived.
Celebrate today.

* Sometimes mistakenly attributed to Mary Oliver

THE 5 KOSHAS



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Here is how those 5 dimensions (or 5 bodies) are described in a yoga classic called The Taittiriya Upanishad:

“Human being consist of a **material body** built from the food they eat. Those who care for this body are nourished by the universe itself”

“Inside there is another **body made of life energy**. It fills the physical body and takes its shape. Those who treat this vital force as divine experience excellent health and longevity because this energy is the source of physical life”

“Within the vital force is yet another **body**, this one **made of thought energy**. Those who understand and control the mental body are no longer afflicted by fear.”

“Deeper still lies another **body comprised of intellect**. Those who establish their awareness here free themselves from unhealthy thoughts and actions, and develop self-control necessary to achieve their goals.”

“Hidden inside is yet a subtler **body, composed of pure joy**. It is experienced as happiness, delight and bliss.” --

--<http://sequencewiz.org/2013/07/18/is-there-such-thing-as-real-yoga/>