

Meditation on Intent*

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In a world where survival instincts preside, a parallel universe resides. *Are-you-food-or-am-I-food black-and-white* thinking spins practically on its own. Reflective, nuance-capable, full-spectrum-friendly thought ripples as long as you practice throwing those watery stones.

I have an intimate relationship with defense as *modus operandi*. I am not slow to apprehensiveness and given a wealth of causes for alarm, atop my safety-hampered history, caution is quite reasonable. But, when my un-checked imagination runs amok, fear keeps me stuck.

As all things grow from a tiny seed, my stance, my starting point, can, in part, be birthed and bolstered by my own sense of what's possible, what I envision or recall, elect or believe, create or concede.

Where a whisper of perception and choice meets or averts a preemptive scream, I ask myself, in every instance:

Which part do I want to play, now and here: love or fear?

how 'bout love, every day

I say: love, in every way...

...love as a frame
love as an aim

a salve for fear, disappointment and shame
love as host
love as a meal
love as key to open what you feel

love as telescope
love as air
love as the rule, not the exception, everywhere

love as question
love as a shout
love as a traveler exploring all about

love unlimited
love without a doubt

love as protection
love as witness
love as a work-out
for emotion-clarity & fitness

love as a friend not yet named
love as our wild essence, never to be tamed

love as a sign, in a sea of trouble
a messenger that reaches us, on the double

love as connection in a strange land
love as your very own community band

love as a stride
love far and wide
love as a fierce and gentle tide

love as the earth, handled with care
love as currency, always shared

love as vision, clear as a bell
love as wisdom, deep as a well

love as hurt that knows how to heal
love always out, never concealed

love as sky through a canopy of trees
love as you like
love as you please

love as stubborn as a decree
love as a look, an endless book
that reads you

*excerpt from *Giving LOVE the last WORD* book. To hear/view the spoken/sung rendition of this piece, browse to: <http://www.emolit.org/gltlw-trailers>