

Walking towards the wind, the wind is behind me
Emptying the boat of water, the boat fills up with water
Seeking happiness, I am full of happiness
Seeking direction, I walk in step with life
Fearing chaos, chaos is everywhere
Fearing order, order is everywhere
What have I done, what have I done
All life is singing
Breathe in, breathe out
Breathe in, breathe out
The great mystery is in the air.

Bridget Belgrave

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