

## Rise and fall

(a reflection on the breath. Previously posted as fb180711).

1

Death starts at the very first breath  
with death's touch comes life  
and so it goes from breath to breath

2

This is the one and only life we are  
the one sweet breath we take in  
the one warm breath we give back

3

What is most precious to us  
is closest to us touching our heart  
that sings with our every breath

4

Grasp not at the stars, the wise say,  
keep true to the task at hand  
walk the path of right before us

5

We may rest but a moment between  
but no more, no holding the flow  
just as it comes, we must let it go

6

When we breathe we take in the world  
then we must set it free again  
living, dying, a moment in between

7

Life falls each time with the breath  
with every fall, it rises ever again  
this is the glory of the moment

8

Even this breath that is our life  
is not ours to hold, only to touch  
then we must let it go its way

9

This is how it was, how it will be  
this is so even this very moment  
we are all the time of true living

10

Measure not life by numbers  
our life only and truly counts  
by what takes our breath away

11

Worship not life, bow not to death  
we are both, we are neither  
we must move on, dew on a leaf

12

Thoughts and feelings cloud and go  
just breathe and we have an anchor  
in the eight ferocious winds of life

13

With every breath a smile  
that breath is the wind we take in  
that tear the dew waiting to drop

14

With every breath change we anew  
we were not, neither will be, just now  
then that last breath comes  
death, life, space, all in one

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