



# Breathe

by Nina Heyen

Inhale deeply  
fill your lungs with joy  
let your body expand and  
grow roots deep into the earth  
let your soul widen and stretch  
into the sky and beyond  
let your mind drift away  
to glimpse the realm unnamed  
breathe in the life that  
nourishes and sustains you

then let it go  
gently joining the rise and fall  
of the universe

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