



daily GOOD

may my heart always be open to little birds who are the secrets of living
--e.e. cummings

Hummingbirds and the Ecstatic Moment

"Birds have been a part of my life for as long as I can remember, and hummingbirds have held a special place in my heart for the simple reason that they, early on, became personal to me. On some level, you could say I became a writer because of hummingbirds, and they have appeared in my fiction since I was very young." Jeff Vandermeer shares more in this lovely essay.

Be The Change:

Look around you. Notice the tiny life forms in your surroundings -- what 'secrets of living' might you learn from them?