So much held in heart in a life. So much held in heart in a day, an hour, a moment. --Brian Doyle

**Joyas Voladoras**

"Consider the hummingbird for a long moment. A hummingbird's heart beats ten times a second. A hummingbird's heart is the size of a pencil eraser. A hummingbird's heart is a lot of the hummingbird. Joyas voladoras, flying jewels, the first white explorers in the Americas called them, and the white men had never seen such creatures, for hummingbirds came into the world only in the Americas, nowhere else in the universe, more than three hundred species of them whirring and zooming and nectaring in hummer time zones nine times removed from ours, their hearts hammering faster than we could clearly hear if we pressed our elephantine ears to their infinitesimal chests." In this short, dazzling essay, the late writer Brian Doyle pays homage to life's fragility, magnificence and interconnectedness.

**Be The Change:**

Take a moment to reflect on what your own heart is holding in this moment.