



## daily GOOD

There's a morning when presence comes over your soul. You sing like a rooster in your earth-colored shape. Your heart hears and, no longer frantic, begins to dance. --Rumi

### The Fragrance of Prayer

"I was having some downtime in a high place. Having slowed, I could see how much a rushed life had whiplashed my body. When I'm caught in that frame of reference, everything seems whiplashed. Birds fly scattershot and even ants seem indecisive, irritable. The earth grows blurred because I grow blurred. The old rhythms, of course, persist. Things move fast, like larks or light. But none of it rushes." So begins this beautiful meditative piece by John Landretti.

### Be The Change:

Slow down and let your presence hold a dialog with silence today. For more inspiration, read "The Gift of Presence and the Perils of Advice", by Parker Palmer.