

This poem was written by Kathleen O'Mara in 1869.

*And people stayed at home*

*And read books*

*And listened*

*And they rested*

*And did exercises*

*And made art and played*

*And learned new ways of being*

*And stopped and listened*

*More deeply*

*Someone meditated, someone prayed*

*Someone met their shadow*

*And people began to think differently*

*And people healed.*

*And in the absence of people who*

*Lived in ignorant ways*

*Dangerous, meaningless and heartless,*

*The earth also began to heal*

*And when the danger ended and*

*People found themselves*

*They grieved for the dead*

*And made new choices*

*And dreamed of new visions*

*And created new ways of living*

*And completely healed the earth*

*Just as they were healed.*

Reprinted during Spanish flu pandemic, 1919