As I breathe in (pause) and breathe out

I know that all that surrounds me guides me to

my Cosmic task. I am grateful for the gifts you have

given me that enable me to see the world in all its natural beauty

and to share that vision and everyday phenomena with children.

Please open my eyes and ears,

Look around, Look around,

In silence, I breathe in your love

Breathe in (pause) breathe out

And breathe out my fear

In the morning… the sun rising

Please open my eyes and ears,

Shining light on all living things

Warming the earth that nourishes my body and soul

I pause

Breathe in (pause) Breathe out

What have I missed today?

What gifts surround me that I have not noticed?

Help me to see the budding rose in the field of weeds.

Help me to always see the possibility of children

And be worthy enough to be in their presence.

What have I missed today?

Please open my eyes and ears,

Look around, Look around.

What have I missed today?

As the day comes to a close

As I close my eyes

And fill my heart and head with gratitude

I stop and let silence fill my lungs

Breathe in (pause) breathe out

And feel my heart beating

My lungs expanding

My muscles aching

And I smile

Knowing that today

Through my gift of awe and wonder

In lighting the fire of learning, discovery and joy

I can close my eyes and know

That tomorrow we will begin again

The sun will rise again

And you will fill my day

Once again

Fill my day

With love

and the unimaginable that surrounds us all.

Breathe in (pause) breathe out Rosemary Quaranta