

'And The People Stayed Home' by Kitty O'Meara

And the people stayed home. And read books,
and listened, and rested, and exercised, and
made art, and played games, and learned
new ways of being, and were still.

And listened more deeply.

Some meditated, some prayed, some danced.

Some met their shadows.

And the people began to think differently.

And the people healed.

And, in the absence of people living in
ignorant, dangerous, mindless, and
heartless ways, the earth began to heal.

And when the danger passed, and the people
joined together again, they grieved their
losses, and made new choices, and dreamed
new images, and created new ways to live
and heal the earth fully, as they had been healed.