
‘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.

KITTY O'MEARA