

A Body Heals

by Freya Manfred

A body heals
the way a lake heals
in wider and wider circles
when a stone
falls through its skin.
Flesh welcomes
earth's remedies -
wind, music, salt and sage,
into the cream of lymph,
into blood frothing like sea foam.
Lilacs and lilies,
wings of moths and sparrows,
the red oak and white oak,
echo with prayers,
 all these
no more solid than we:
skin, muscle, brain and bone:
millions of waves,
and rivers inside the waves,
and stars inside the rivers,
swollen with light
drawn from the eye of the universe
when it first uncoiled
and flung us,
and named us,
to ripen as we dream.

From My Only Home, Red Dragonfly
Press

