



## A Poem by Kitty O'Meara

And people stayed home  
and read books and listened  
and rested and exercised  
and made art and played  
and learned new ways of being  
and stopped  
and listened deeper  
  
someone meditated  
someone prayed  
someone danced  
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,  
even the earth began to heal  
  
and when the danger ended  
and people found each other  
grieved for the dead people  
and they made new choices  
and dreamed of new visions  
and created new ways of life  
and healed the earth completely  
just as they were healed themselves.