

## **The Mountain is Speaking Again**

Doing the internal work  
losing for a time the connection  
with the external  
I am called back into presence  
by this majestic Mountain.  
Awash in her holy magic  
breathing  
external to internal  
internal to external  
I find my balance  
and am once again filled  
with joy.

Anna Hines  
May 2, 2018