

## Surprise the Bones

surprise the bones  
along lines of stress  
to strengthen and stabilize  
connective tissue  
spreading warmth  
information heat  
light love and intention

surprise the heart  
awaken consciousness  
to the earth of the situation  
the nature of the longing  
the life of the forest

surprise your mind  
into learning new things  
creatively  
gathering  
this experience  
infusing art with science

surprise like sunshine  
feeling all completing  
surprise like healing  
holding you in my conscious  
    sphere, protected & nourished  
surprise like rose water  
when you expected rain

surprise me with music  
and patterns echoing,  
recreating nature  
instructing us  
to go deeper  
    ~in and in~  
with its still huuOUMmmmm  
teaching us the low  
drum earth-beat  
center core of being

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