

Muddy Waters

by Rebekah La Bar

Powerful Rio Grande
shrunk to dried-up puddles of muck
in the hot Albuquerque sun
longing for a thunderstorm
of drama and flash floods
to the arroyos of my
desert interior
Sundance water fasts, four days
parched body and spirit
craving the sweet taste
of watermelon
and the beautiful blues and purples
pinks of the Sandias,
watermelon mountains.

Heart Generation

by Harold

Through the generations our elders have
taught us that our lives are always in a circle
where there is a beginning and an end.

It was told that life is like the eagle that soars
on high, that our heart and soul soars along
with them.

For it was foretold that every life has a
beginning, but we just don't know when
it will end.

I can only imagine what life was like
when my ancestors were here what
heartaches and pain they endured. It must
have felt like their spirits were truly
flying with the eagles.

So, as our lives go on we must first come
to realize what life has in store for us but
for now we must realize what life
is truly about.

For the heart is like the gentle breeze that
blows through the trees, for it has a message
to say.



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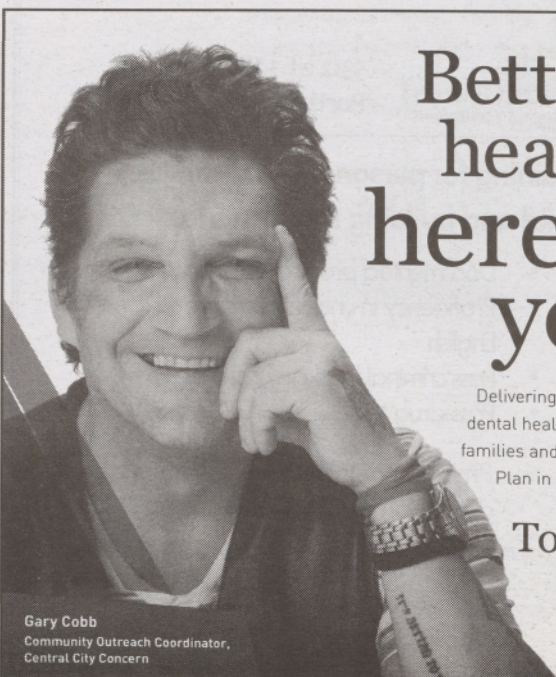
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