Meditation on Skin

Breathes with you and everything in the room.
    Takes a pumice stone to the heels of your feet.
    Covers the soul, largest organ of the body.
    Mends the world without complaint, a letter.
Lives sweet without strife in one’s family.
    Arises from gene expression and a pulse.
    Shields a book, an envelope, this life.
    Seals a wide barrier of continuous resilience
molting and shedding, versatile at night.
    Hydrated moon is the sea’s motion. Flaring
    consciousness foams over a wall,
    encloses this phenomenal world at a touch.
    Consciousness foams over a wall.
    Hydrated moon is the sea’s motion, flaring,
molting and shedding, versatile at night.
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