

## Listen ...

by sadh Saturday, Mar 24 2018, 12:56am

international / poetry / post

the first pulse  
that began all things  
continues in every throb  
and pulse in existence  
it is the nature of all things,  
the reverberations of thunder  
the beat of hearts, the pulses of  
dying/living stars

what they refer to as logos or word  
the first, is the original emanation

be still and know ... that ...  
you too could return  
to the first, the last,  
the forever

there is nothing gained or lost  
only the pulse or spanda  
which is the one true underlying  
original continuous creation and destruction  
beyond time/comprehension  
forever repeated in sound, form  
and light,  
as light, a vibration only,  
emanated from the first sound  
and returns to sound  
where it emanates as light again

are you able to 'hear' the heartbeat of the cosmos?