



One Soul

When one soul is set ablaze
by truth, the whole universe
ignites, and for an instant
light reaches every corner,
cave and crevasse. When

the heart remembers what
it is, joined in vastness by
joy and suffering, both the
future and the past dissolve
like snowflakes on the tongue.

There is nowhere to run, no
reason to do anything but
rest in the cradles of the
cosmos, rocked in the arms
of emptiness, and held in
the near embrace of love.

Danna Faulds

From the book One Soul: More Poems from the Heart of Yoga

To purchase Danna's books, email yogapoems@aol.com