

Several people have suggested this poem by Kitty O'Meara, which has gone viral online



And the people stayed at home
and read books and listened
and rested and exercised
and made art and played
and learned new ways of being
and stopped
and listened deeper.
Someone meditated
someone prayed
someone danced
someone met their shadow,
and people began to think differently
and the people healed,
and in the absence of people living in ignorant,
dangerous, meaningless and heartless ways,
even the earth began to heal.
And when the danger passed
And the people joined together again,
they grieved for the dead
and they made new choices
and dreamed of new visions
to create new ways of life
to heal the earth completely,
just as they had been healed.

Kitty O'Meara