



CCARE | Center for Compassion and Altruism Research and Education
COMPASSION COURSE | Cultivating the Heart – Live/Online
POEMS | I AM BREATHING BY MARY OLIVER | LOVE DOES THAT BY
MEISTER ECKHART

I AM BREATHING

By Mary Oliver

Breathing just a little
life flows
without thought
of each moment passing
away
draining into the next
every drop of anticipation
sucked dry
of life's rich bounty
unfolding
in the unexpected joy
of being alive.

Breathing together
of all things
I find myself
awakened
reveling in every drop
of anticipation
dripping wet in the ripe, rich fruit
of life
flowing
effortlessly
into the unexpected joy
of being alive.



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LOVE DOES THAT

by Meister Eckhart

All day long a little burro labors, sometimes
with heavy loads on her back and sometimes just with worries
about things that bother only
burros.

And worries, as we know, can be more exhausting
than physical labor.

Once in a while a kind monk comes
to her stable and brings
a pear, but more
than that,

he looks into the burro's eyes and touches her ears
and for a few seconds the burro is free
and even seems to laugh,
because love does
that.

Love frees.