

Heartbeat

In meditation this morning
in the latter third
when I allow my mind to rest in silence
I kept hearing my heartbeat in my left ear
chirping like a bird
I'd heard it before, but this time I listened
for a long time
Its sound did not lend itself to letters and vowels
arp? cheep? tich? None of them do
It can only be what it is
I would soon break a three day fast
Perhaps that magnified the experience
But what a wonder it was
How does it keep beating once a second as it does, with intermittent variations?
Life is a mystery
And at the center beats our hearts