

## Solstice with My Sangha

I will stand for these relationships  
I will fight to make them whole

I will fly into the heart  
of the fire  
to touch the golden ember  
of sacred connection

Follow the longing to belong  
into the white hot center where  
all stories are stripped away  
released to flying ember  
fall to powdered ash

Open I stand  
burned raw to the core

Sounding empowers me  
tones the connection  
weaves the net  
Tells me I am home

*Raine Brown  
Summer Solstice Over-Night Dive  
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