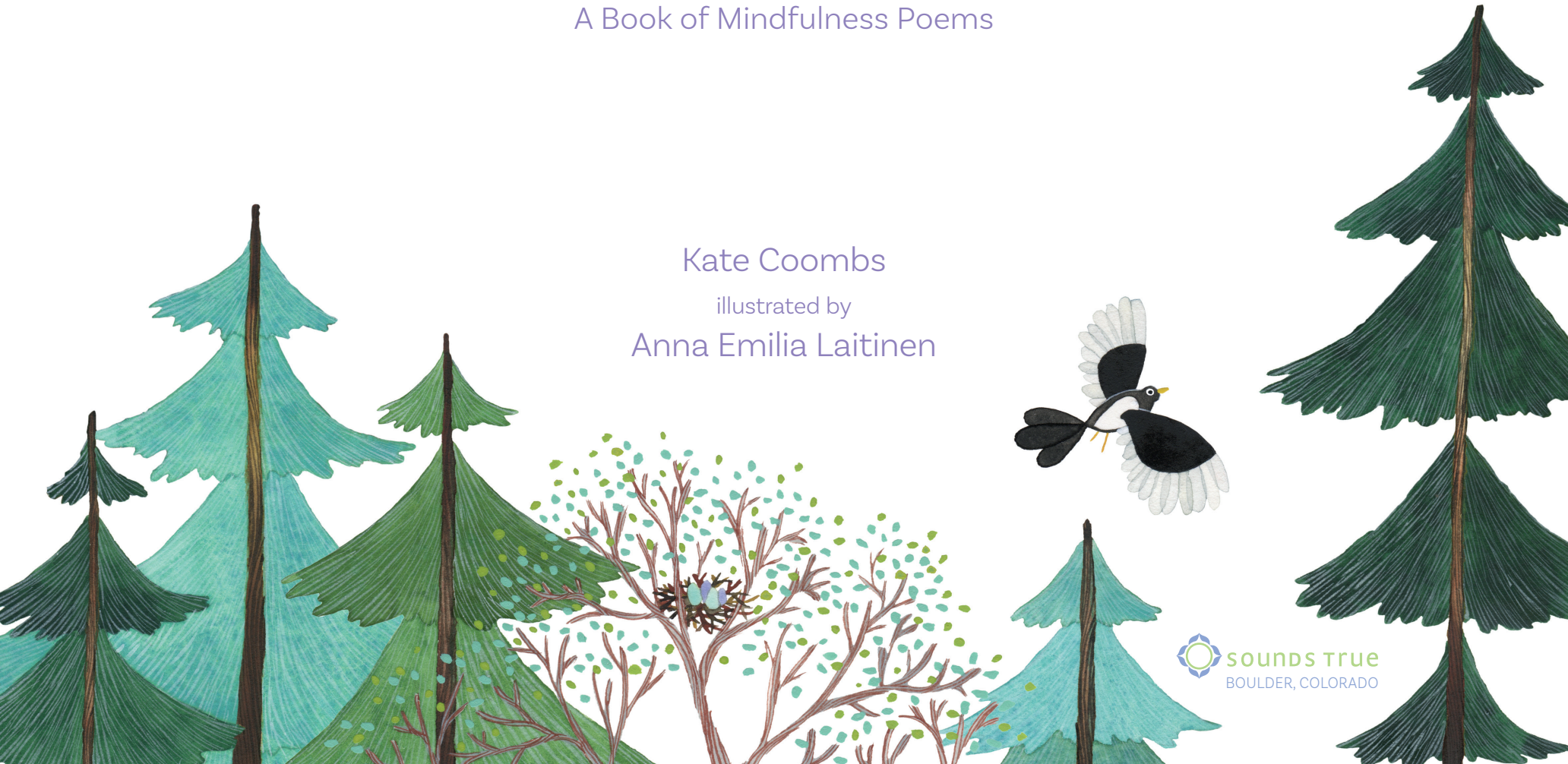


BREATHE AND BE

A Book of Mindfulness Poems


Kate Coombs

illustrated by
Anna Emilia Laitinen



sounds true
BOULDER, COLORADO






I breathe slowly in,
I breathe slowly out. My breath
is a river of peace.
I am here in the world.
Each moment I can breathe and be.



What am I thinking?
What comes and goes in my mind?
I watch my thoughts.
They swim by like little fish.
They shine blue, green, red, yellow.







There's a quiet place
in my head like an egg hidden
in a nest. A place
I go when the world is loud.
A moss-green forest with birds.







I see the world new—
my friends with bright sneakers,
the fresh smell of grass,
a line of ants winding by.
I see each for the first time.

