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## A Psalm of Flexibility

by Ed Hays

O spirit of God's eternal springtime heart,  
grant me the virtue of elasticity.

Make my heart as boundless as my Beloved's heart,  
which at this moment is creating  
new galaxies and infant suns.



Make me pliable and playful with your Spirit

as you teach me the alchemist's recipe  
of how to keep my heart's skin  
like baby's skin, ever-expansive,

able to hold the wildest of wines.

Stir my mind well with your sacred spoon  
to awaken the fermentation of ideas  
stilled by the ten thousand little compromises  
required of me by the stiffness  
of the old leathered skins of society and religion.

Gift me with elastic frontiers of heart and mind,  
so I can see before my eyes,  
both in the heavens and on earth,  
how old and ever-new are those partners  
passionately dancing together  
in the perpetual birthing of your universe.

From *Prayers for a Planetary Pilgrim* by Ed Hays

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**Prayer action suggestion:**

How playful and pliable are you? Spend some time with a small child and find out.

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