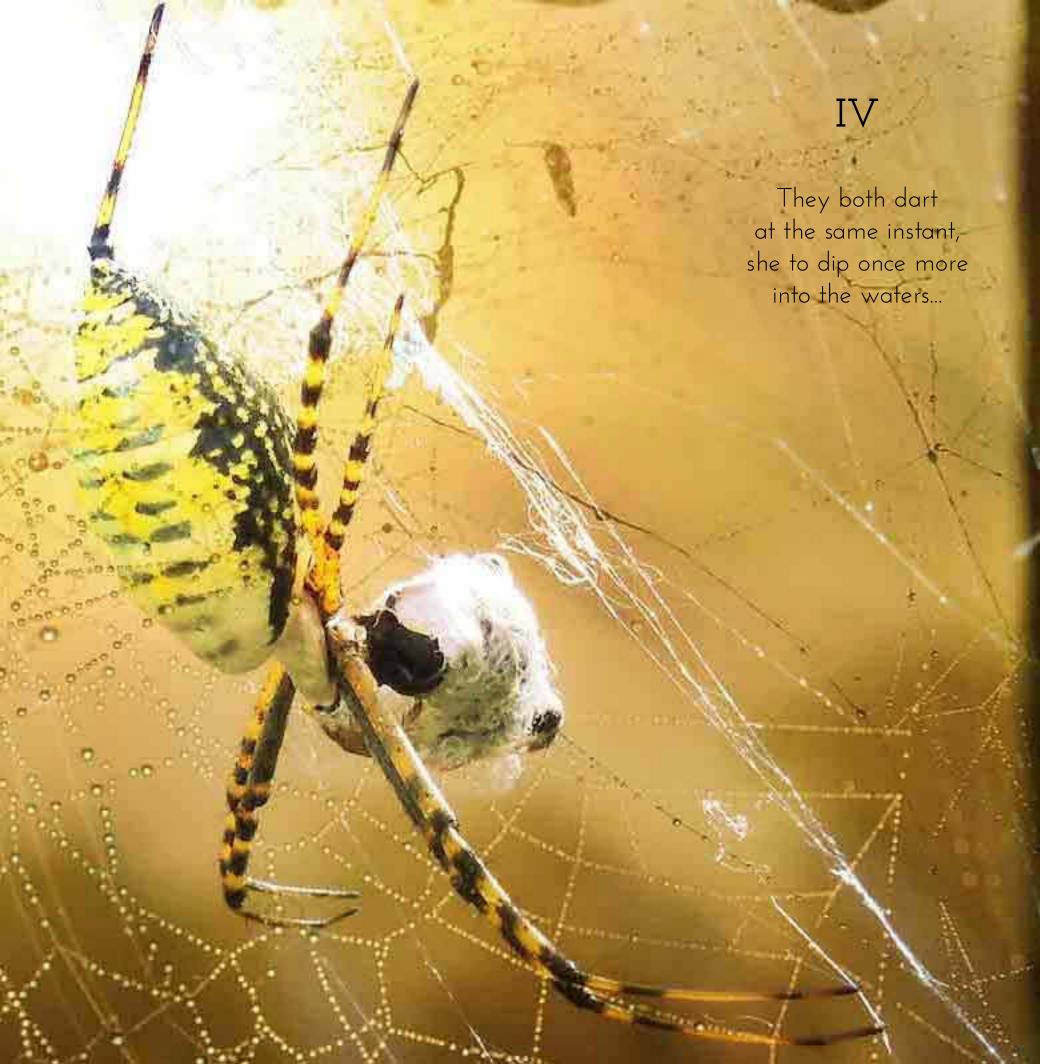
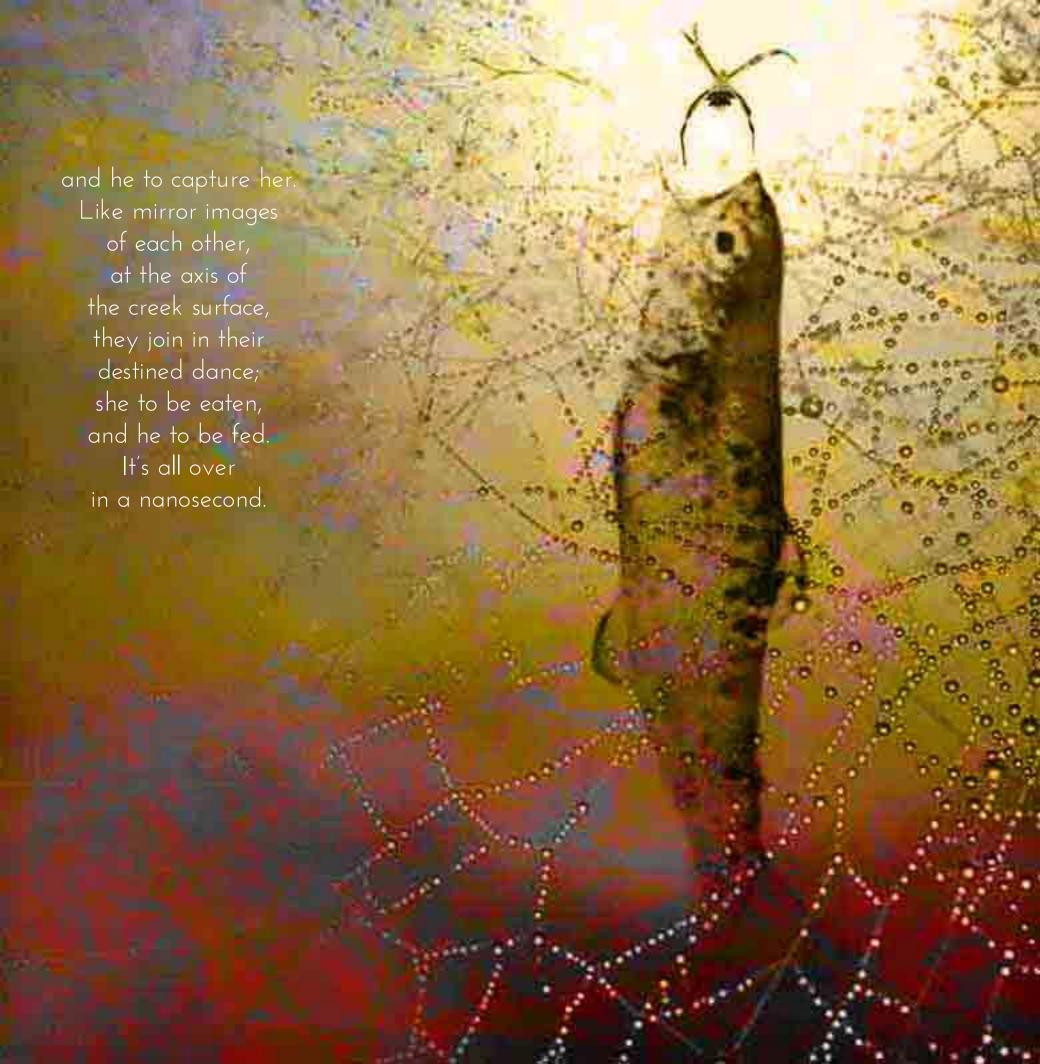


## A tiny insect is flying a foot above the water erratically dipping and rising. Perhaps she is playing "gotcha" with her own reflection. Obviously, I'm enlarged so that you can see how pretty I am!







## V

Is this the Nature we hear of as, "red in tooth and claw"? Does your hand object indignantly that the morsel it once held has been devoured by your mouth? Hand and mouth are partners in the meal; and so are the trout and the insect. We all feed each other. There is only one Spirit. You can play the part of the mouth or the part of the hand; the part of the insect or the part of the trout. But always and only, it is immanent Spirit feeding Itself.

Namasté

**Seán** Tír na nÓg November, 2015

lmages by Artists at www.pixabay.com: Dangling Spider - roycarballo; Rubytail Insect - skeeze; Spider Web stokpic; Lunging Spider - StillWorksImagery; Trout Images - PublicDomainPictures.