

Bracelet Cuddles

Here in the west
we wear spirited beaded bracelets
twisted about one another
like a nursing baby and its mother.

Selenite for clarity
clear quartz for energy
rose quartz for love and peace
smokey quartz to clear blocked energy
hematite for grounding
and amethyst for calm and intuition.

These rocks of support, nurture
Buddhist types like me—
bundles of positivity through profound darkness—
all reminders of our interconnectedness.

The art of compassion and giving:
ticket to our hopes and dreams,
as we split open prayer books
during this pandemic-induced boredom.

We then wander through new age stores
for bracelets and stones
and to soak up the calm only Buddha
can bestow on our hungry souls.