

## Once

You are unique  
There is nobody like you  
There has never been anyone like you  
There will never be anyone like you

Not once  
In all of time  
Not again  
In all that is to come

So many galaxies  
Spiralling in silence  
So many planets  
Forming and fading

Searched  
Observed  
Imagined

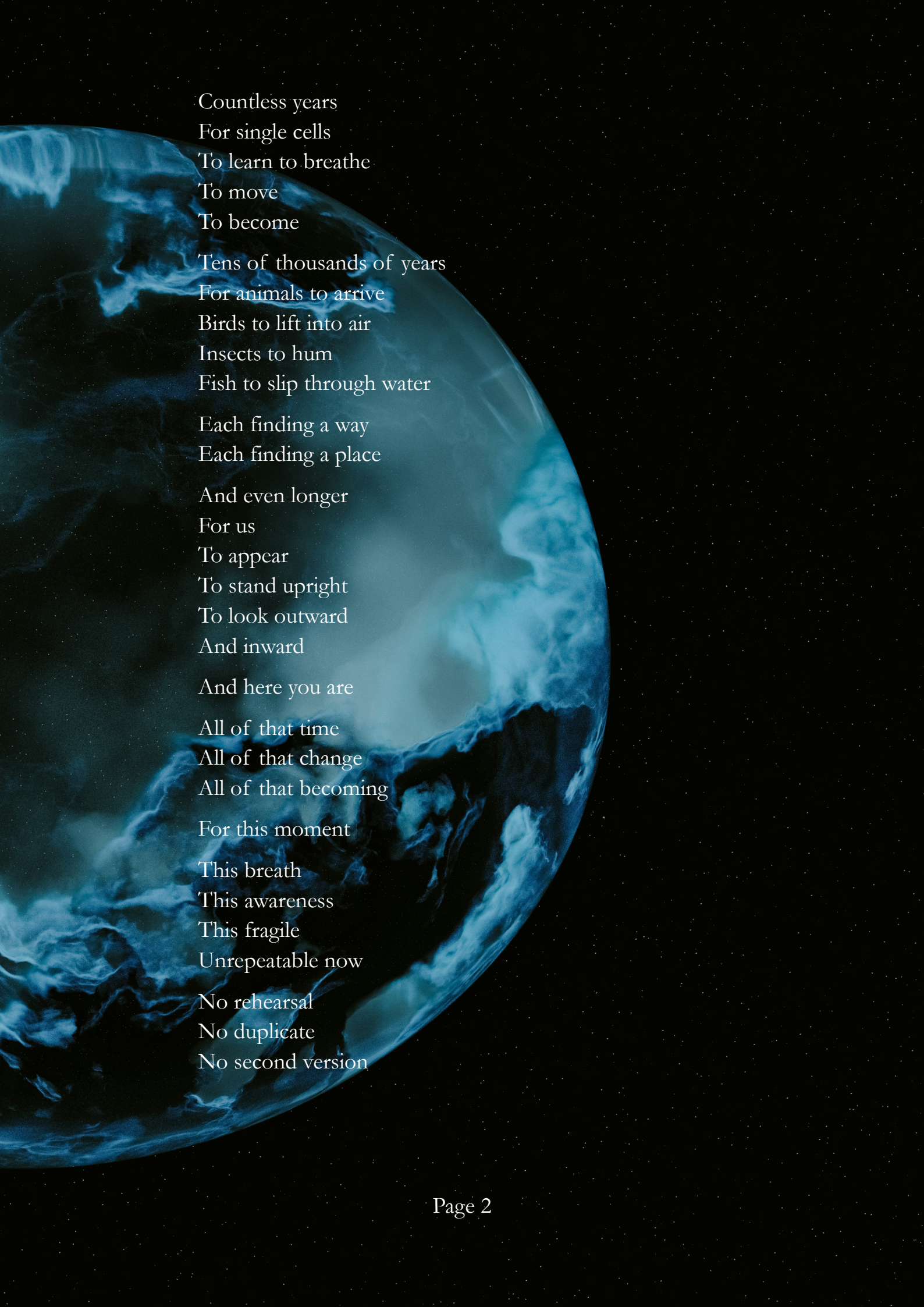
Yet no life like this  
Has been found

It took billions of years  
To gather dust and fire  
To shape a planet  
From chance and motion


A bright blue planet  
Hanging in the dark

Millions of years  
To cool  
To warm  
To find its balance

Oceans forming  
Skies clearing  
Land rising  
Life stirring



Countless years  
For single cells  
To learn to breathe  
To move  
To become  
Tens of thousands of years  
For animals to arrive  
Birds to lift into air  
Insects to hum  
Fish to slip through water  
Each finding a way  
Each finding a place  
And even longer  
For us  
To appear  
To stand upright  
To look outward  
And inward  
And here you are  
All of that time  
All of that change  
All of that becoming  
For this moment  
This breath  
This awareness  
This fragile  
Unrepeatable now  
No rehearsal  
No duplicate  
No second version

A woman with long hair, wearing a red top and white shorts, stands on the edge of a dark, layered rock formation. She is looking out over a vast, deep blue ocean with white-capped waves crashing against the shore. The sky is a vibrant blue, filled with soft, white clouds. The foreground shows the intricate, wavy patterns of the rock face, which appear to be made of dark, possibly volcanic, material. The overall scene is one of natural beauty and solitude.

Just this  
Brief  
Extraordinary  
Chance to exist  
To feel warmth  
To notice wind  
To hear silence  
To love  
To wonder  
And then  
Like everything else  
You will pass  
As all forms do  
But this moment  
This life  
This you  
Will never happen again  
And how wonderful you are  
To have been here at all  
To have appeared  
Out of so much time  
And so much silence  
How wonderful  
That this chance was given  
Not chosen  
Not earned  
But simply offered  
By an energy  
Without beginning  
Without end  
Older than stars  
And closer than breath

**Moving through everything  
Never stopping  
Never starting  
Changing forms  
Yet never absent**

**Unknowable  
Unnameable  
Beyond thought  
Beyond belief**

**Yet present**

**Here**

**As this moment**

**As this breath**

**As you**

**Thank you**

**Thank**

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Images:

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**You**