



in our blood

at the depths of who we are, at the Heart of Matter,
we find three Quarks sharing the Gluon Particle
also known as the Strong Force.
Two Up Quarks and one Down or two Downs and one Up
color change into one another.
A joyous performance of being as belonging.
The foundation of the Universe.

As the Triune Quark Unities
which we've named Protons and Neutrons
begin sharing the energy left over from their own bonding,
they themselves bond with One Another,
forming the Nuclei of Atoms.

The positively charged Nuclei attract negatively charged Electrons
who swirl in clouds around them
encasing them in waves of shell-like orbits creating Atoms.

Atoms reiterating the cosmic desire for Relationship
join with other Atoms to form Molecules,
by sharing or exchanging Electrons.

When Molecules serve or energize other Molecules
Biologist see Metabolic activity, a fundamental marker of Life.
Within Cells Organelles labor for the common good.
Organs work together to keep the whole Body alive.

Clearly the Narrative that we've been telling Ourselves
that eating in order to live implies selfishness and greed
that fear, violence, weapons are normal;
that altruism is an illusion;
represents a Narrative that doesn't align with the Story
Nature tells about what we're made of / who we are.