

Quality time ~ Healing time ~ Time to dance  
poems from Katarina Halm

QUALITY-TIME

Hello, how are you?  
Oh it's lovely to see you  
Sun shines in the sky

Let's listen with care  
A word, a sigh, and a smile  
Bamboo folds and sways

Listen to whispers  
Dance between our spoken words  
Wind rustles and flows

Hark the whisper now  
Speak, listen, and wait again  
Leaf is broad and green

Time to say good-bye  
Strong and willowy bamboo  
Sway and dance my friend

Hark the whisper now  
Act, slow-down, and stop again  
Leaf is green and still

## HEALING TIME

Goodbye, God Bless You  
Sun Dips below Horizon  
We shall meet again

Time to go inside  
Listen to my own heartbeat  
Rest and breathe Bamboo

Time to be alone  
Mother Earth will keep me safe  
As pain comes and goes

Sometimes I wonder  
Where is the healing power?  
Whispering Bamboo

A quiet prayer  
Gentle wind cools my body  
Blessed mystery

Once again I listen  
Time to walk and meet our world  
Earth, Sun, Wind, Bamboo

## TIME TO DANCE

Gentle sacred dance  
Lifts the pain from my eyes and  
Whispers of bamboo

Oh the soft broad leaf  
An old friend touches my hand  
Now we wait in peace

Wait for the whispers  
In each corner of my soul  
Hope rustles and grows

The pain in my eyes  
Asks for truth and quiet time  
Bamboo's dance unfolds

Oh the soft stillness  
Where earth and sky become one  
Let it be freedom

Freedom to flow with  
Solitude and communion  
Keep the sacred dance.

2010 FOLIO article with these poems <https://thinkinginmovement.ca/focusing-2/attuning-to-natural-process-action-steps-katarina-halm-2010/>

111 ATTUNING TO NATURAL PROCESS ACTION STEPS:  
[How does one find the natural action, the unforced next step?](#)  
(Maybe with a Little Wind from Your Fingertips!) Katarina Halm  
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