

And the people stayed home.
And read books, and listened, and
rested, and exercised, and made art
and played games, and learned new
ways of being, and were still. And
listened more deeply. Some
Meditated, some prayed, some dances
Some met their shadows.
And the people began
to think differently.

And the people healed.
And, in the absence of people living
in ignorant, dangerous, mindless,
and heartless ways,
the earth began to heal

And when the danger passed,
and the people joined together again,
they grieved their losses, and made
new choices, and dreamed new images,
and created new ways to live
and heal the earth fully,
as they had been healed.

by Kitty O'Mearra
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<https://www.oprahmag.com/entertainment/a31747557/and-the-people-stayed-home-poem-kitty-omeara-interview/>