

## Beth Jeans Houghton

### "Sleep"

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AND SLEEP I THINK TO MYSELF  
FOR ALL OF US, FOR ALL OF US  
BEATING FIERCLY AGAINST THE WIND  
OR LYING THERE WITH BROKEN HANDS  
WONDROUS WINGS AND BLINDED EYES  
THAT SEE EVEN BEYOND SEEING  
THE SAME HEARTCRUSHING SORROW  
THE SAME UNSPEAKABLE LOVELINESS  
ALL AT THE SAME TIME  
HOW BEAUTIFUL AND SAD  
AND PEACE I THINK TO MYSELF  
FOR ALL OF US, FOR ALL OF US  
EACH AND EVERYONE ALONE  
REACHING OUT FORM ENDLESS DREAMS  
WITH OPEN HEARTS AND FRAGILE SOULS  
LIKE CHILDREN ALWAYS SEEKING HOME  
WHERE LOVE IS AS EASY AS BREATHING  
AND BREATH IS AS LIGHT  
AS THE ATMOSPHERE  
ALL AT THE SAME TIME  
HOW FRIGHTENING AND SWEET IT IS  
THE SAME HEARTCRUSHING SORROW  
THE SAME UNSPEAKABLE LOVELINESS  
ALL AT THE SAME TIME  
HOW BEAUTIFUL AND SAD IT IS  
AND SLEEP I THINK TO MYSELF  
FOR ALL OF US FOR ALL OF US  
SLEEP I THINK AT LAST  
OH SLEEP IN HEAVENLY PEACE

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