

Allow

There is no controlling life.
Try corralling a lightning bolt,
containing a tornado. Dam a
stream and it will create a new
channel. Resist, and the tide
will sweep you off your feet.

Allow, and grace will carry
you to higher ground. The only
safety lies in letting it all in –
the wild and the weak; fear,
fantasies, failures and success.

When loss rips off the doors of the heart,
or sadness veils your vision with despair,
practice becomes simply bearing the truth.

In the choice to let go of your
known way of being, the whole
world is revealed to your new eyes

By Danna Faulds