

Healing

Friend, you lie quiet,
watching the dawn light color your heart,
dreaming of healing for your hurt body
laying there unanswerable to your will.
You breathe deep and your breath has two sides:
 inside and outside. You are on both,
 being breathed.
The future approaches. You will heal or
you will go back to being God.
Which will you do?

Oh by all that is beautiful --
May it be that you live!
May your body heal happy and whole!
May energy fill and delight you!
May we join the dance your presence gives!
May you live!

And if you die?
Oh, dear self, by all that is beautiful,
Know you are Safe! Everything is All Right
Forever and Ever and Ever!
The most wonderful, exquisite, familiar
Truth is what is True, and welcomes you.
It will be very easy.

You lie quiet now, praying.
A great healing is coming
and you want to be ready.
The colors of your heart blend
with the light of the morning.
You are blessed.

Elias Amidon