

GOING HOME

Deep inside of us, we are already complete,
already healthy, already exactly as we are supposed
to be. We are an interrelated and inseparable part
of a perfect universe.

We have difficulty seeing and feeling and touching
and hearing this perfection from years of being told
and believing otherwise. Our vision has become clouded,
our feelings dulled, our touch numbed and our hearing
faint. We no longer trust ourselves.

To cut through this situation and return to our true
nature, we need to simply direct our attention inward.
We need to sit and meditate. By quieting our minds
and opening our hearts, we touch that place deep inside
of us that is already whole.

Once we reconnect with this source of balance, our
life begins to change. We begin to listen to ourselves
with care and attention. We seek guidance from within
and receive direction.

Once we reconnect with this place of inherent wisdom,
we begin a journey back home. We begin to trust ourselves.
We begin to heal ourselves.

Dennis Warren