IN THE QUIET OF THIS PLACE

Bring
the fear and the shame,
the misery and the pain.
Bring
every thing
you suspect
is dangerous or impure.
Bring
every broken vow,
disappointment and despair.

But also
bring the hope
of hearing
your true voice,
of touching
your true nature.

In the quiet
of this place,
in the stillness
of your heart,
you are safe.
There is
no need to hide
anymore.

If you listen,
listen deeply,
if you wait,
wait without wanting,
your true voice
will speak to you,
a hand
from your own heart
will reach out to you.

Dennis Warren