THE BEAUTY IN HER FACE

She arrives home
exhausted and tense,
her forehead furrowed
her jaw locked.
She feels
tense,
anxious,
exhausted.

As her body relaxes,
as her mind relaxes
the tightness
in her face
disappears,
and is replaced
with the beauty
and the hope
that has been
hidden
and waiting
to express itself
all day long.

She sits down
closing her eyes,
breathing deeply.
She enters the domain
of direct feeling
in her body.

She enters the
the tightness in her face,
the bracing in her shoulders,
the heavy feeling
blanketing her chest,
the shallowness
of her breathing.

And then,
she lets go
of her resistance
to the day
she has had.
She lets go
of the holding
in her body
and the tension
in her mind.
She lets go
into
the experience
that is waiting
for her
in the next moment.

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