

## THE BEAUTY IN HER FACE

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

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

She experiences  
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.

She begins  
to feel  
nourished  
and  
refreshed.

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.

*Dennis Warren*