

Prayer

breathe in
light and warmth,
breathe out
the barriers of pain.

breathe in
the intelligent heart,
breathe out
prejudices and fear

breathe in those
slow, silken moments.

remember a grandmother's tender love,
warm as her floury cheek,
and her newly stitched pinner,
its smell of lavender,
her soft alliance and
a child's trusting dreams.

breathe in safety and calm,
and breathe out
night's dark cruelties,
the betrayals and the failure,
the lies and the aloneness.

breathe in connection
breathe out separation,

breathe in
all that you know,
and all
that you don't.

breathe in
hope,
and live.