

Small Sorrows

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Please grant yourself the time you need to sift through all the "small losses" of your life and wait for their gold to be perceived, to shine and, in the perfect time of healing, to mend your heart.

Peace and joy will return; gently flowing through our awareness and spirits as our sorrow and its gifts integrate with who we are now.

Balance can be restored because we've allowed grief's imbalance its voice.

So much of healing is listening; how lovely, I think, that "silent" and "listen" use precisely the same letters to communicate the vital medicine we must take to be fully human.

Always be willing to indulge in silence and listening.

Great gentle peace in all your joys and your sorrows.

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