

Litany Against Fear 2006
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Teach from a place of wisdom and instinct
Listen and observe, be alert to what is needed
set free, cut loose
unbind unleash awaken abandon
teach courage and sharpen intuition

love from a place of endless compassion
encompassing fullness of joy and sorrow
love, to heal
love, with generous spirit
love, with flowing forgiveness of self and others

dream from a place of limitless potential
dream from the source
the magic in the interstices
slip sweetly soundly deeply
into the gap between solids and what is already known
create from nothing

you do not know yet
what All can be;
but from the Void
comes the thought, the dream, the vision
and the sound carries the thought
the Word begins it
sets into motion the vehicle of Yes
onto a trajectory reinforced by belief
a deep grooved path etched into light by thought alone

when your compass points
toward what you want
abandon yourself, commit with soul
to your desire, embrace it with your whole Self
Only you choose what Is, what is So

what is real
is what is here and before you now
all that is past can only be dragged into the present, or the future
by your decision to do so
and the obstinate assertion that 'some things never change'
tell me, what exists that does not grow, or evolve, or transform?

Resistance is a luxury, a choice for the fortunate
and those who prefer convenience, comfort zones
weak minds, atrophied wills
You are stronger than your excuse machine
Humans are built to endure, adapt and triumph
over and through the harshest environments,
brutalities and cruelties
far worse than bruised egos, hurt feelings,
broken nails, PMS, bad credit and childhood neglect.

My prayer and decision, as dawn approaches, is to live each day with gratitude and **full fearless flex** of my gifts. **Giving thanks for the abundance of love and each moment of life marked by joy and sorrow, and for just the Being of whom I am, what I'm built for, and the maximum sentience inherent and inspired by each breath.**