

use everything

I've been running from parts of myself for years
 even as I believed I was embracing them
I'm still running
but I'm getting tired
I can't run as fast and as far as I used to
 and even when I do
I can't seem to find the places where I used to go.

I guess it must be time for something else.

sometimes the only way to rise is to sink
sometimes the only way to move is to be still.

can I sit naked and wait
can I stand my ground in the rain while the lightning
 strikes all around me
can I change my way of thinking
 without thinking
can I remember to be kind to myself.

bad luck is the language of the unconscious
the body is the gateway to the knowledge of the soul
every experience has healing potential
every person I meet is my mirror.

life's true work
 is the work of the soul
the challenge is to love myself
 to be with myself
 in my body
 always
 in every moment
no matter what's going on.

it's all soul work
use everything.