

The Power of the Heart

What if there was an immense power held in every leaf
In every blade of grass
In the breath of a baby
In every strand of your hair
In every ray of sunlight?

What would you do if that power emanated
From inside of you
And your neighbor
And your enemy?

What if that power was so beautiful
filling you with the grace and love
Of Christ
Of Buddha
Of Allah
Of the Tao?

How would you sit with it?
How would you use it?
What would you do with it?
Where would you take it?
Could you simply be with it, hold it, be it?

Open your heart
Release the floodgates
Let the Light move
into every nook and cranny of your being
Sing from the tops of the mountains
Dance in the river valleys
Let joy fill you to the brim.

Grace and Divine Love
Are yours to bath in
To be in
To share with yourself
Your family
With your neighbor
With your enemy
Your community near and global
With your Earth community and
All of Life Everywhere
No holds barred
There is an infinite supply to go around.

