

Shifting[©]

Within me I feel movement

I can only imagine

it is as new found growth

I sense an awakening

of something lying hidden

under heaviness of grief, of fear, of pain

that shows such width and depth

All is shifting, as to come in line, in rhythm

with the gentle, compassionate stroking of spirit

safely felt as old walls fall away

to welcome the great expanse of being, of feeling,

of trusting the soothing melody of inner wisdom

finding home in the tide of energetic oneness

as shifts of up and down and in and out

carry me along in full anticipation

of what lies ahead

Gloria McArter