

The Work of Healing

By Glenn Currier

She knows this practice
this learning
to let life happen
to give in to the life force
 the force of freedom
 the allowing
 saying no to all those cells
 shouting defiance.

She knows the habit
of living inside
the very moment
of now.

This is the work of healing.

She knows the gentle art
of being a good host
making a visitor at home.
She has practice with this work
 this work of abiding
 of staying with the troubled
 the ones who feel alien in their own skin.

She has practice with this work of healing.

She is no stranger
to reaching into the hidden hearts of strangers
and welcoming them
as a friend.

She is at home
with the work of repair
the work of making whole
 and work it is
 but she knows it well
 and does it well.

I've watched her cook
smelled the rich aromas of her work
seen her search for the right ingredients
to make another glorious meal or poem.

She knows how to make a home
to gather with that great life force
and together
make her new guests
wholly at home inside
where they belong.

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Written 8-4-14*