

UNTIL IT HAPPENS TO YOU

Until your heart is broken-open,
and your tears begin to flow.
Until truth challenges knowledge
and opinions you outgrow.

Until your body is harshly shaken,
and awakened from the dream.
Until your wounds meet open daylight
and you fall to your knees and scream.

Until disillusionment is no longer a stranger
and your sorrow becomes known.
Until defeats are humbly treasured
and you see the world's suffering as your own.

Until the water you drink becomes sacred,
and the sound of your breath, your guide.
Until you allow life to live you,
because you take everything in stride.

Until sitting in silence is cherished
and you're fed by Mother Earth.
Until you see coherence in everything
and with each death, a birth--
you have not truly lived.

