

ON BEING HEALED

What if our potential
To heal was
Opened with each
Breath as long as
Awareness of each breath coincided.

What if the coinciding
Of that potential
Were to be recognized
As a capacity we
Each have to learn how to heal ourselves
That eventually is
Known to be limitless.

What if that limitlessness
Went beyond the physical,
Beyond the spatial,
Beyond the conceptual
And could not be discovered
By thought
Only by the awareness of
Intention directed by
Kindness.

Ned David Bratspis, 6/22/12