

Many Ways to greet the Spirit

Walk quietly into the woods
To meet the spirits there
Walk quietly and sit or stand
with readiness and care

Give yourself permission
Breathe deeply where you are
Sit with joy or sadness
acknowledging your inward star

See the unfolding mystery
Record it in your heart
Share as life allows you
Reflect it in your art

In ways that you are called upon
Speak the truth you hold
When it is time to play your part
Be gentle and be bold

Hear wisdom when it resonates
Question what sounds thin
Remember truth abounds above,
but most of all within

For each misstep and each dashed dream
Hold yourself in high esteem
Yield to kindness above all
Delight in miracles large and small

Disengage with honor
from unresolving strife
Seek kindred souls and friendship
Reconnect with life

Sense with all your senses
Be open to what stirs
Accept the gifts you're given
Take all that's truly yours

Walk quietly into the woods

or deep inside your cave
Stand or sit with open arms
be patient and be brave

And hold the hand you're given
Love the one you're with
Failure is an illusion
Perfection is a myth!

Go in and greet the spirit
In all the many ways
Go out and greet the spirit
In all remaining days.

Nina Gross



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