

## **Allow**

There is no controlling life.  
Try corralling a lightning bolt,  
containing a tornado.

Dam a stream and it will  
create a new channel.

Resist, and the tide  
will sweep you off your feet.

Allow, and grace will carry  
you to higher ground.

The only safety lies in letting it all in –

the wild and the weak; fear,  
fantasies, failures and success.

When loss rips off the doors of  
the heart, or sadness veils your  
vision with despair, practice  
becomes simply bearing the truth.

In the choice to let go of your  
known way of being, the whole  
world is revealed to your new eyes.

*by Danna Faulds*