Returning to Love

When we fall into an abyss of despair, a gentle reminder pulls us out and we return
to a deeper knowing that we are immensely loved before we were born and
beyond the no longer.

When we steer off course and do not know where on earth, we are
bird sounds call our names and remind us that we belong to this world and
the Source of all Love.

When we are turned inside out with pain
The hands of Love turn to us, and re-member each part that aches and holds
it together despite the circumstances.

When we feel that we are sinking with heaviness and load for life
the ocean waters keep us afloat, and Grace carries us with the tide.

We are reminded of living lightly as the brown hooded kingfisher hovers from
here to there, wings flapping over still waters looking for nourishment,
goodness and beauty.

When we feel alone, gentle Friends wrap us up in their arms.

When we are emptied out and lay bare on the sand the tide returns to wash over us.

When the storms and winds of judgmental thoughts unsettle the peace
we know that there will be a rainbow
we know that surrendering to You is an ongoing wave of life.

Waves kiss our toes, hearten our smiles and breathes new life for we know
in the depths of our bones that
we are deeply loved
always were
and always will be
no matter, the current and storm.

For in You, we live and move and have our being.
And for this we give you thanks and praise. Amen.