

6.29.2025

Today's reading is from poet Donna Faulds.  
It's called "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.

...And so it is.

