

## Healing

On a day when you need healing,  
as each of us does from time to time,  
may you feel the arms of the world  
swaddling you in restorative light.

May you rest faithfully,  
settling into that quiet place inside  
where the deep springs arise and offer you  
the many graces that return you to delight.

Healing means to be made whole.  
Healing is to have your strength restored.  
Healing returns us to that sweet balance  
within where life flows again with ease.

And healing happens best, no doubt,  
when we are soft and willing and quiet,  
when we open ourselves to renewal  
from both within and from beyond.

And so, today, my dear friend, may you rest  
gently and faithfully amid those silent streams  
of life that long to make you whole, that surely  
will return you to the glorious beauty that is you

Claudia Cummins