

Healing

Danna Faulds

There is healing in the laying of hands. In the letting go of fear, in asking for help, in silence, celebration, prayer. There is healing in speaking the truth and in keeping still, in seeking sunlight and not shunning struggle. Laughter and the affirmation of wholeness hold their own healing. When the soul dances, when the day begins in delight, when love grows and cannot be contained, when life grows and cannot be contained, when life flows from moment to moment, healing happens in the space between thoughts, and the breath before the first sung note. Healing is a birthright and a grace. When we dare to be open to the unknown, when we extend ourselves in caring, when we welcome in the vast expanse of life, healing comes from the heart and blossoms from the inside out.

Danna Faulds Go In and In