

Inner Wisdom

Claudia Cummins

Everything we need to know,
all the wisdom and clarity
and insight and love,
already resides within us.

We simply need to stop
looking outward to others
for the answers, and instead
take a closer look inside.

We need to explore
our inner landscapes,
encourage our inner
voices to strengthen,

and make space for our
truest, deepest self
to unfold with boldness
and without fear.