

Unconditional by Jennifer Welwood

Willing to experience aloneness,
I discover connection everywhere; Turning to face my fear,
I meet the warrior who lives within; Opening to my loss,
I gain the embrace of the universe; Surrendering into emptiness,
I find fullness without end.
Each condition I flee from pursues me,
Each condition I welcome transforms me
And becomes itself transformed
Into its radiant jewel-like essence.

~ ~ ~

Posted by Marie Bloomfield, B.Sc.,M.Psychol.MA
Website: www.bloomfieldpsychology.com.au
Website: www.mindfulpath.com.au

~ ~ ~