

Finding The Courage to Hold Everything in Love

The courage to Heal

by Jeff Foster from "The Way of Rest"

Consider the possibility that within your suffering, you are being given an invitation to let go, to wake up from the dream of normality, to embrace life in all its brokenness and wonder.

To fall in love with where you are.

To come out of the story of past and future and turn toward the present moment, the place where you stand.

Let the winds blow, let the tempests rage, I

let all that is false be purified,

let all that is dead remain dead,

let life explode where you are.

You are only being invited to a deeper healing,

even though it feels like pain,

even though the heart is tender and raw,

even though you cannot yet feel your tomorrows.

Overvej muligheden af, at dine kvaler er en invitation til at give slip, vågne fra normalitetens drøm, for at omfavne livet i alle dets udfordringer/ (brokenness) og vidundere. At blive forelsket i hvor du er.

Komme ud af historien om fortiden og fremtiden, og vende dig mod dette øjeblik, stedet hvor du står.

Lad vinden blæse, lad stormen rase, lad alt hvad der er falsk blive rene, lad alt der er dødt forblive dødt, lad livet eksplodere hvor du er.

Du bliver inviteret til en dybere healing, selvom det føles som smerte, selvom dit hjerte er blødt og råt, selvom du endnu ikke kan mærke dine i-morgener!