

## Prayer

breathe in  
light and warmth,  
breathe out  
the barriers of pain.

breathe in  
the intelligent heart,  
breathe out  
prejudices and fear

breathe in those  
slow, silken moments.

remember a grandmother's tender love,  
warm as her floury cheek,  
and her newly stitched pinner,  
its smell of lavender,  
her soft alliance and  
a child's trusting dreams.

breathe in safety and calm,  
and breathe out  
night's dark cruelties,  
the betrayals and the failure,  
the lies and the aloneness.

breathe in connection  
breathe out separation,

breathe in  
all that you know,  
and all  
that you don't.

breathe in  
hope,  
and live.