

## the healing fields – equinox psalm

*how does healing happen?*

is it...forgetting a little at a time that which hurts  
and waking up one morning just feeling a little bit lighter

is it...finally forgiving yourself and the world  
by understanding, somehow, we are all wounded with you

is it...realizing that the world is whole after all or accepting  
that the world is broken open and has need of your love

is it...noticing a whole day, week or month has gone by  
without beating yourself up in the old ways that have held you back

is it...being struck by a compassion so tender that you know it must  
belong to the Beloved since you don't recognize this kindness in you

is it...realizing that this is just how it is right now and somehow that  
it is oddly, unreasonably, not personal, or about you at all

this is our human story that we are creating together  
can we get 'free enough' to create in it, with true personal intention?

is it... not letting your wounded songs hold you back  
from that which sings to you from your deepest soul cave

is it...allowing shadow-work and light-work to co-exist without  
striving for either one to be greater or better or good or bad

is it...being willing to lean into your resistances until  
the edge of your hardened places creates tender spaces

is it...being willing to surrender your cynicism and complacency even  
when you know the ridiculousness of the harming going on

is it...opening your heart, yes again and wider still, to a new face  
a new heart, yes, a new chance even in the same old life

is it...letting go of making the hard things into stories of meaning  
about why it went down this way or that, what if there is no real reason

is it...surrendering enough to allow old patterns to dissolve, even  
when they have served you so very well, or so you thought

what if nothing is as you thought it would be or have believed?  
it might be something even better, I don't know, but maybe...

each one of these stories we have talked about here  
are 'fields' of energy that live within us, we all know this to be so

will you approach the edge of your cave and just wave as I walk by  
beckoning you, or will you join us in the healing fields of wild flowers

lay down the burden of what you thought you knew and just come  
and open with us to your part in the unfolding mystery

when you are too laden with all the stories of yesterday  
it is too crowded to gather your harvest into your arms

don't worry, everything has become compost and is useful to you  
these old stories become legend in no time, if we let them

everything happens in cycles, this may have been a longer one  
than you felt you could survive, but you did! yes, you did.

I have come for you, take my hand now and rise up  
the others are waiting for us to take our place in the circle

I have no idea what will happen  
but I imagine it will be better than you think

your harvest is happening now, even if you don't see it  
just come. we have been calling your name. you'll see

this kind of healing looks different than we thought  
we had hoped for a total recovery and peace on earth

instead we have been sent to learn each other's stories whole  
the healed story begins with this dance, yes, this one.

we will start this dance with giving thanks for the bounty  
and raising our hands in Praise for the life-giving Beloved

We have arrived in the healing fields  
and we will nourish and be nourished here

Shiloh Sophia

Eve of the Equinox  
International Peace Day – September 21, 2013  
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