

Unraveling

*Take the knife
that would slice your heart open
and use it to sever
what no longer
serves your destiny.*

*Don't let the wall of your security
crush you
as it falls apart.
Dismantle it, consciously,
stone by stone
and be amazed
at what it kept you from seeing.*

*Open your arms to the storm
and invite the lightning
to ignite your soul
and burn away the rotten remnants
of the false self you've been wearing.*

*Let the waves of emotion
knock you from your feet
and shatter the oxygen tank
on your back
that always left you wondering
when you would run out of air.*

*Grab the knife.
Destroy the wall.
Embrace the storm.
Dive into the water.*

Stop struggling.

*You will not drown.
You will not
drown.*

*You will only learn
a new way
to breathe.*