

Truly Alive!

I hear my song at last, and I sing it.

--Wendell Berry

I sit alone, I listen
Alert and still
I scream it, loud
I mouth it, hushed
I say it silly & giggly
I sing it stern and powerfully
I'm not self-conscious or afraid
My lack of tune
Never enters my mind
I dance
I dance & I sing & I cry & I laugh
and I live
I take the time to live
Then I take the courage
To share my song
I dance & I sing & I cry & I laugh
My song with others, who, like me
Sit quietly
Alert and still
Unsure of their power
Unaware of their light
And we sing
And we touch something
Sacred
Something part of us
Yet not of this world
And we are all aware
Of how lovely we are
And how
We want to live
We want to live & laugh & dance & sing & cry
Without apology or remorse
And we do
We come together
And we are part
Of this world
And not, sacred
And we shine & we live & we laugh & we dance
& we sing & we cry
And hours have passed
Or maybe just seconds
But with a wink of an eye
Or a quiet
glance
We know
We are beautiful
And we are truly alive!

by Lisa D.