



LET IT GO
By Danna Faulds

Let go of the ways you thought life would unfold; the holding of plans or dreams or expectations - Let it all go. Save your strength to swim with the tide. The choice to fight what is here before you now will only result in struggle, fear, and desperate attempts to flee from the very energy you long for. Let go. Let it all go and flow with the grace that washes through your days whether you receive it gently or with all your quills raised to defend against invaders. Take this on faith; the mind may never find the explanations that it seeks, but you will move forward nonetheless. Let go, and the wave's crest will carry you to unknown shores, beyond your wildest dreams or destinations. Let it all go and find the place of rest and peace, and certain transformation.

©2002 by Danna Faulds
Published in her book Go In and In: Poems from the Heart of Yoga