

It Does

It DOES hurt us so
When we have to let go
Of family and friends
And tie up the ends...

It DOES cause confusion
When we face up to illusion

And in order to expand
Gently take our own hand

To embrace a new day
To walk a new way.

Yes, it DOES seem so hard
Yet in order to guard

The true way of our Being,
We MUST begin seeing

The Divine in our Soul
That so wants us all Whole.

And, though it may hurt us So
We must know when to let go

And bravely trust where we roam,
For it WILL take us Home!

- *Matt Kahn*