

## 298 Tracy

### Opening

I can feel my heart opening  
I can feel my spirit rising  
For so long my heart has been closed  
For so long no one was to impose  
Love  
Wonderful, beautiful, sweet,  
Kind, caring, giving  
All things I could, should, would give freely to others  
Enjoying those moments fully on the faces of my sisters and brothers  
But for me  
I made sure it was not to be  
Made sure because a seed, early,  
        deeply had been planted in me  
A seed of shame, guilt, and secrecy  
  
Made me ashamed for many years to receive love  
Yes me  
The one who always had a smile to give  
A kind word to share  
But for myself not one to spare  
But life is moving differently for me now  
Better  
I am doing, by grace my healing work  
I am getting lots of help with it  
Each person I am sure has been divinely chosen  
To help me on this journey, on this quest  
And yes  
Through this process I have,  
        after many hard years of living or existing  
Struggling, suffering,  
        almost drowning in my own tears

I can finally feel my heart opening  
Thank you, God, for your patience, loving kindness,  
grace and mercy into  
Opening

--Tracy Brown