

## **Allow**

*By Danna Faulds*

There is no controlling life.

Try corralling a lightning bolt,

containing a tornado. Dam a

stream and it will create a new

channel. Resist, and the tide

will sweep you off your feet.

Allow, and grace will carry

you to higher ground. The only

safety lies in letting it all in –

the wild and the weak; fear,

fantasies, failures and success.

When loss rips off the doors of

the heart, or sadness veils your

vision with despair, practice

becomes simply bearing the truth.

In the choice to let go of your  
known way of being, the whole  
world is revealed to your new eyes.