

Labyrinth

Rachel Holstead

Put your ear to the seashell of your mind
and listen to your stories,
the invisible lines you walk to.

Cast off instead and walk the labyrinth
where lines of life and death mingle
and the path goes only on.

Feel the comfort of boundary,
the terror of edge
and walk.

See the twists and the turns
and trust in their mystery
and walk and walk
and open your heart.

Bounded by flimsy branch and leaf,
let your heart expand
'til it meets the thorns.

Open your heart,
open your heart,
emerge at the heart
empty.

Stories fall out the doors of your opening heart
and catch on the thorns
and fade into autumn and earth.

From the empty centre,
walk the labyrinth,
walking the dance of alive and dead
and walk and walk
healing your heart,
and walk and walk
with an open heart.