

True Love

True love is the love that pours forth from the wellsprings of our being
and fills every wave, particle and vibration of our existence
saturating our walk and talk and glance and breath

No matter how much or little you have lived this
it's your birthright

True love holds the atom and the galaxy together
It's the unconditional love you've had for your dearest friend
perhaps, even for your lover
that clearly sees when they're ruled by their past
unable to live their truth
that all their pain
is not really who they are
that can only accept
and do what it can
to remind them of their freedom

True love can occur when the chase is finally over
and the gazelle, knowing it is caught, collapses in final dignity and surrender
and for a moment of grace, the lion and lamb are one

True love is the true heart
the great heart
the lion heart that beats in every one of us
that can transform our lives
to love and grace and beauty

True love is something you've always known
though it seems to have been lost

True love, truly
is you