

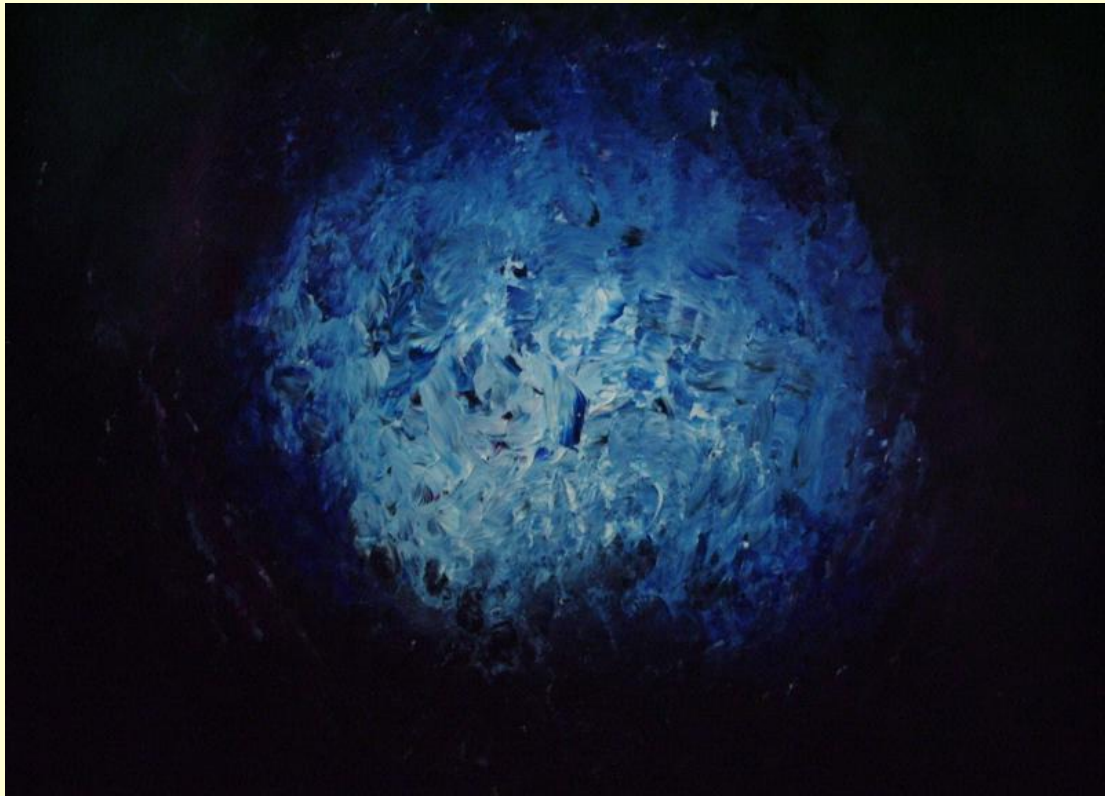
Connecting New

May, 2017

A friend of mine encouraged me to share this month's poem with you (thank you Jenifer). The painting that goes with it is a bonus.

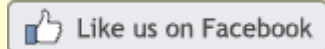
Courageous

Aloud I spoke the most courageous words that could ever be spoken,
"God, I give you permission to take me into your arms and love me."
And immediately I began to feel embraced,
not by what came from afar,
but the divinity within my core that emanated to surround itself
and me within it.
Warm, safe, lost and found, complete and unitive, alive and well.
And the delusion of fading in and out of closeness was shattered,
replaced with an abiding knowing of the deepest intimacy
that nothing could diminish,
whether felt or not,
whether aware or not,
I am part of I AM.
And now I am ready, truly ready, to live a courageous life.



May we all chose to live a courageous life and encourage others to do the same.

Peace and Blessings,
Clarence



Clarence Heller is a spiritual director, poet, and dreamer whose writing and paintings are inspired through prayerful reflection.

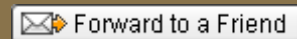
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