

HEALING JOURNEY

By Ann Mortifee

(from the CD called Healing Journey)

This is a healing journey
This is a sacred path
A path that leads us inward
To dance the sacred dance

This is a healing journey
We walk it one by one
Each woman and each man alone
To the sound of the distant drum

This is a healing journey
It winds a stormy path
Through the fear and joy and anger
Sorrows from the past

This is a healing journey
And when the heart is clear
You can hear the winds that rustle
As heaven's breath draws near

Breathe into the sorrow
Breathe into the fear
Breathe into the anger
Breathe into the tears
Breathe into the loneliness
Breathe into the joy
Breathe in with the breath of life
And let your heart take voice

This is a healing journey
From blindness into sight
Through the valley of uncertainty
Where darkness turns to light

This is a healing journey
It is the gift of nature's way
To open up our hearts
To see the scheme within the play.