Practitioner's Poem

I honor your act of courage
Inviting me to join your journey to freedom
YOU-Who seek to unchain your bondage
From a heritage of fear
To banish the ghosts of oppression
To break the silence which surrounds your soul
I am humbled by your presence
Exquisite testimony of a will to survive
In honoring you I bring with me my work
-- A knowing search of my own soul
That my ears—once full of raging
sounds from my own battles—
Now hear the message in your pain
That my eyes—once blinded from lost self
See your light in the blackness of the abyss
I am strengthened by our humanness
For are we not—all seeking a way
to survive?
Come—let us walk together
In gratitude I join your path
For I will never be the same
--YOU have touched me

Nancie "Nan" Palmer
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