

## **Holding My Heart**

**By: Robert Strock**

*Follow your soul I say  
What stops me this day?  
Is it my false wisdom mind?  
That makes my open heart hard to find  
The subtle contractions to get my own way  
Collisions inside and out every day  
Gradually I learn the nature of flow  
And to realize most suffering need not go  
Deep trust and helplessness can coexist  
In fact otherwise something is missed  
A prayer to soften with what I do not like  
Does support the heart to become light  
A yearning to love grows no matter the state  
Finally, the yearning has no reasons to wait  
Faith and pain are true partners in life  
Making it clear that they support less strife  
To think we have arrived with only bliss  
Seems to be surely amiss  
Tenderly holding loss, failure or fear  
Being graced to be closer to all that is near*