

Hope Reclaimed

The earth we occupy suddenly appears so small.

Constant disruptions encircle our lives.

We collapse,
huddled and in fear,
forcing us to lose our hopeful heart.

Fear is a vacant leader.

It seeks a hospitable host in which to thrive,
pulling our attention from our core beliefs, our core dreams, our core hopes.

Are we made to be undone by this vacant leader?

Free your mind from this flytrap of anxious existence.

Stop living as solo travelers.
Ask yourself bigger questions.

This is not the time to settle for lesser good, or lesser hope, or lesser dreams.

We must all hold sacred to who we are,
not to lose our souls to unkindness,
or to the marginalization of human goodness.
That will not save us.

Fear is not forever.
It is but a vacant leader.
Your life is worth more than this.
Reclaim your hopeful heart.



Learning how to use poetry as healing medicine

You do not need to be a poet to use poetry as healing medicine. As you read ***Hope Reclaimed***, notice the words, sensations or feelings that rise within you.

Pay attention to how you experience its symbolic imagery, as it reveals something insightful about you. Using the questions, take time to reflect and write about your insights.

- ⦿ What resonated within you as you read ***Hope Reclaimed***?
- ⦿ ***Fear seeks a hospitable host in which to thrive. Where in your life are you settling or giving up hope? What would help you hold sacred to who you are?***
- ⦿ ***Free your mind from this flytrap of anxious existence. If you were no longer anxious, who could you now be? What would you change?***

Anchor your insights into a purposeful intention

Expressing your intention can take you into a felt sense or purposeful awareness and expand your hopeful heart.

Choose one of our suggestions or use one of your own to create *purposeful intention*.

- ⦿ Write a poem or reflection of what ***Hope Reclaimed*** means for you. **Hope expands when we connect with others. Share what you wrote and ask what about hope is important to them.**
- ⦿ Anchor the feeling or sensation of hope. Close your eyes and visualize... where does that feeling sit in your body? Notice the colors, sounds or sensations. Now, imagine expanding those sensations and anchor the feeling of hope more deeply.

