

**When healing is the target  
Illness is the bow.  
What is a bow but a device for the transfer of energy?  
Likewise an illness.**

**Properly used, an illness turns an outward focus inward,  
Sends energy to where it's needed most.  
Transforms fears into strength  
Arrogance into humility  
Compulsion to caring  
Cynicism to compassion  
Brings balance to imbalance.**

*The release of pain over-long denied.*

**Worldly medicine does the opposite.  
It requires the patient to look outside herself  
To give her power over to another  
To maintain control  
To invade the body  
To deny the spirit.**

**One who embraces illness as well as health  
Embraces the whole of life.  
She can offer life,  
Because she receives life.**

- **Haven Trevino**

**This being human is a guest house.  
Every morning is a new arrival.**

**A joy, a depression, a meanness,  
Some momentary awareness comes  
As unexpected visitor.**

**Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
Who violently sweep your house  
Empty of its furniture,  
Still, treat each guest honorable.  
He may be clearing you out  
For some new delight.**

**The dark thought, the shame, the malice,  
Meet them at the door laughing,  
And invite them in.**

**Be grateful for whomever comes  
Because each has been sent  
As a guide from beyond.**

**~Rumi  
Translated by Coleman Barks**

**I know the time has come  
For me to walk through the door,  
To take a look at that dark part of me  
That is calling.  
And to touch that place of willingness  
To look again.  
I know the time has come  
For me to walk through the door  
To take a look at this critic within,  
Who only wants me to listen  
To what needs to be heard,  
So I then can heal  
And bring that part of me  
Back to me.**

**~Twain Hart Hill  
An Ode to My Father Healing the Critic**

**Do you imagine the universe is agitated?  
Go into the desert at night and look  
out at the stars.  
This practice should answer the question.**

**The superior person settles her mind  
as the universe settles the stars in the stars  
in the sky.  
By connecting her mind with the subtle origin,  
she calms it.  
Once calmed, it naturally expands, and  
Ultimately her mind becomes as vast  
and immeasurable as the night sky.**

**~Lao Tzu  
Translated by Brian Walker**