

**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**