

Poetry as Therapy: *Love Will Bring Us Home*

I have seen people pour their heart in a poem
Indeed I have done that
And some people approach it from the mind
Yes I have done that, too.

Words emerge and blossom and fruit and form seed
And the breeze blows the seed
There and here and beyond imagining
Til I come home again.

Healing is a process little understood
Taking me by surprise;
Those who think they know it don't – but some do:
Help comes in many forms.

So write a poem, paint what you are feeling,
Transformed in the process,
Bring out the dark light and make it shine forth
For the good of your Self.

By Judy Hays-Eberts
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