

## ***For Someone Awakening To The Trauma of His or Her Past – John O'Donahue***

*For everything under the sun there is a time.  
This is the season of your awkward harvesting,  
When the pain takes you where you would rather not go,*

*Through the white curtain of yesterdays to a place  
You had forgotten you knew from the inside out;  
And a time when that bitter tree was planted*

*That has grown always invisibly beside you  
And whose branches your awakened hands  
Now long to disentangle from your heart.*

*You are coming to see how your looking often darkened  
When you should have felt safe enough to fall toward love,  
How deep down your eyes were always owned by something*

*That faced them through a dark fester of thorns  
Converting whoever came into a further figure of the wrong;  
You could only see what touched you as already torn.*

*Now the act of seeing begins your work of mourning.  
And your memory is ready to show you everything,  
Having waited all these years for you to return and know.*

*Only you know where the casket of pain is interred.  
You will have to scrape through all the layers of covering  
And according to your readiness, everything will open.*

*May you be blessed with a wise and compassionate guide  
Who can accompany you through the fear and grief  
Until your heart has wept its way to your true self.*

*As your tears fall over that wounded place,  
May they wash away your hurt and free your heart.  
May your forgiveness still the hunger of the wound*

*So that for the first time you can walk away from that place,  
Reunited with your banished heart, now healed and freed,  
And feel the clear, free air bless your new face.*