

# Poem

## New Paradigms Released

Silence!

Be still...

Kairos is now

Bask in your Presence...

Savor the quiet-love....

Slowly listen...

Contemplate...

Open my spirit,

Surrender.....

Journey within....

Reflections on serenity

Live the pain...

Shed the shadows...

Forgive the past.....

Through non-attachment,

abandon with intention to heal...

cross the threshold of amazing alignment,

expand spaciousness in my self-trust,

give me an awareness of discovery

so that freefalling mercy can create heartitude in

searching for order, restoration, and redemption.

Lectio-Divina, ground me, speak to the sanctuary of my soul;

send me on a pilgrimage of communion;

may courage place me in a mindfulness of inseparability and

responsibility in the sovereignty of my God

as His dominion births me to soar as a joybird, dance

in the lightness of happiness and laughter, shine with joyful

radiance, celebrate transformation, reach beyond the surface,

blaze a bold adventure that will manifest lacunas,

sing in jubilation, and enliven my creativity.

Carve a tree in me that nurtures: humility, simplicity, strength, hospitality,  
gratitude, gentleness, flexibility, trust, commitment.....

..... in my authenticity, grant me PEACE.

-Jo-El McLaughlin