

Medicine Walk

When you believe you are beyond repair
let go.

When you can not be saved by all your friends,
when you can not be saved by yourself,
forget who you are
and deliver what is left of yourself
to that place
you have been to before
but did not understand its worth.

Use whatever means to get close
but then you must walk the rest of the way
and if you can not walk
then crawl.

It is your only hope.
The word "sacred" could scare you off
so be silent
be there
and do not ask how
boulders covered with star moss,
wind-bowed apple branches
or the song of a small chanting brook
can salvage you
but it will.

Some very important people I know
have been saved
by the song of the smallest birds;
others redeemed by the smell of leaves rotting in a forest.
Remember this.