

## **The Cosmic Dancer**

You do not heal 'from' trauma.  
You simply come to know yourself  
as Life Itself.  
And you turn towards the wounded place.  
And you flush it with attention,  
which is Love.  
And maybe the wound will always be with you.  
Maybe you will always walk with the hurt.  
But now, you hold it. It doesn't hold you.  
You are the container, not the contained.  
It doesn't control you any longer, the wound.  
Because it is drenched in awareness now.  
Drenched in You.  
Loved by You.  
Even celebrated by You.  
You do not heal 'from' trauma.  
You find healing 'in' the trauma.  
You find yourself at trauma's sacred core.  
The One who is always present.  
The One who can bear  
even the most intense feeling states.  
And survive.  
The Indestructible One.  
The Infinite One.  
The Powerful One.  
You.

*~ Jeff Foster*