

You know my children
who are too good for this world.

You know my children.
Your love cannot protect them
from all they will endure
and you will still love them
and it will not be enough
and they will still be too good
and love will not protect them

You know my children
you love my children
and you know the brutality
that love is not enough
love will not stop them from being trampled
everyday
so separated from my love
which cannot protect them from
the cruelty of this world
and still we love them
and we don't want to lose them
and it still is not enough

But this is what you cannot forget
you have to love them like I love them
even though it will not be enough
do not turn it on and off
you are never safe or removed
you are me, too
broken on the floor
with too much love that can never do enough
but must, but must, but must, but must
love them, love them, love them
and try not to lose them

Love my children for me, with me, in this life
and you are loving me, too
and you are loving you

This is what connects us, Hatlo
the love, the love, the love, the love, the
L O V E

more, more, more, more, more, more,
unashamed, unafraid of looking foolish, unable
to be too much, unabashed, unlimited
love with a mother's love
love them, love them, love them, love

And grieve with me for all love cannot do
all it does not spare or erase
all of its failures
 grieve to purify
 so that the love might never stop flowing
 offering all that it can

because while it is not enough
it is an incredibly powerful force
and it can do more than you have imagined

let your imagination break open

Love them, love them, love them, love them
with all your life
love them as I do, love them in this life
and try not to lose them

*And then a message to stay with the work of Pat McCabe, some words of hers that I have not written down yet.
More to learn, grasp and grow and ways of knowing that move me out of my head and into conversation with
spirit, with mother earth.*

*“Show me how to participate fully in the very highest possibility for light, life and love.”
Prayer to spirit by Pat McCabe - Womaning Standing Shining*

You have been gifted an incredible capacity for love and you are just beginning to understand how to use it.
Beautiful.

Do not be ashamed.

Or afraid for heartbreak - the phrases aren't true . . .

a broken heart loves more and flows more fully, more freely, like an ever bursting dam.

This is the journey to love, to love, to love.

it will never be enough
and it will always be more powerful, gain more depth.

And you are not called to love for you alone -

so much love wants to flow through -
let it

it is beautiful to be this vessel -
disarming loving

you are made for this purpose,
beautiful purpose

this is something you can do, even though it feels enormous

We are with you

let all the facades crumble
let the love pour through

What if my knee pain is an invitation to strengthen myself for the work of kneeling on mother earth (true mother) in offering, in reverence, in prayer, in relationship.

Feel what isn't love and let it be good information to work through - let the dam burst

Feel what isn't love and break it down or find a way to move around it to let love through.

Let go of feeling foolish - it hinders love, ties her hands around her back - let love through, let love flow, powerful enormous

learn what love does when it meets each moment

all the ways it can move

let love through

know that love often fails

and yet we must love

it is what we are here to do

let it be love, unselfish, unsparing

let it be love

an undertaking, an ease, a submission and surrender

and an ever soul expanding practice

let love through

let love through

let it change you, let it loose

let go of old ways to find ancient ways

this is the path to the new

What if the chest pain I was experiencing was my heart demanding more space to grow - resisting the confinement of fear - inviting me to stretch and make room for the next way of being that is coming.