

HOW DO I TOUCH YOU ?

***How do I reach across the space between us
And bridge that gap - the great divide
Between two separate people living very different lives ?***

How do I help you to break down your walls of steel ?

***How do I tell you that I also feel your pain
That seems to you so full of fear
You haven't dared to feel it for so very many years ?***

And how to tell you that I think it's the way that you will heal ?

***How do I let you know that I think I know the words
That you find it impossible to say - to state that thing;
The horror that you feel which crawls across your skin ?***

How do I help you then ? Do I speak the unspeakable ? Do I name IT ?

***You know the place where new things start: the crevasse's brink
Where you stand & tremble, so you tell, and then so often retreat
Back onto the tortuous path you know so well that takes you nowhere.***

***How do I help you back to the edge, so you can take that vital step ?
Maybe you will find it's not the Pit.***

***When the pain is so bad the image breaks and the mask cracks and you
dissolve to wracking sobs & blubbing tears that tear my heart.
Yet part of me rejoices for you have conquered fear.***

How do I show you that I so admire your courage and your strength ?

***How do I stay with you through all the dark corridors of the Night and
yet give you all the space you need to find that Place within yourself
where you feel Yourself ?***

How do I help you in a way that doesn't disempower or make a need ?

***Can I feed you ? Can I give you things ? Or must I wait and just
admire and stay in there for the moment when you heed your inner
wisdom, find your power ?***

How do I touch you ?

With my eyes ?

With my heart ?