

Dance in the Dark

Dance in the dark, be at ease with not knowing
Intuiting the moves, feel the way of the soul
Listening within, heart chanting, heart beating
Dancing in the dark, light emerging

Play in the pain, offering nothing but suffering
I hold it, I squeeze it, I release it so slowly
Letting it flow, letting it sing, letting it go, setting it free
Playing with the pain, healing beginning

Watch gently old wounds, as magic is growing
Healing from silent teachings within
Breathing love on old scars, in our heart, in our psyche
Watch gently old wounds, changing evolving

Dance in the dark, be at ease with not knowing
Intuiting our moves, feel the way of our soul
Listening within, heart chanting, heart beating
Dancing with the dark, I am the light, I am glowing

By Sharon Rooke