

## THE HEALING TIME

Finally on my way to yes  
I bump into  
all the places  
where I said no  
to my life  
all the untended wounds  
the red and purple scars  
those hieroglyphs of pain  
carved into my skin, my bones,  
Those coded messages  
that send me down  
the wrong street  
again and again  
where I find them  
the old wounds  
the old misdirections  
and I lift them  
one by one  
close to my heart  
and I say holy,  
holy.

~Pesha Gertler

Welcoming Prayer: Consent on the Go, The Contemplative Life Program, 40 Day  
Practice, Contemplative Outreach, 2014