

Healing Meditation #3

Gentle go the waves
that heal me in the night.
Soft are the sounds
that give my body light.

Now my room is dark
and sleep is nowhere near,
but hints of future joy
are warding off all fear.

Soon will come a time
when pain has gone away,
when Yes, a healthy Yes,
will have its mellow way.

With medicine to comfort
and universe to cure
I see no need to worry
as impure turns to pure.