

Unconditional
by Jennifer Welwood

Willing to experience aloneness,
I discover connection everywhere;

Turning to face my fear,
I meet the warrior who lives within;

Opening to my loss,
I gain the embrace of the universe;

Surrendering into emptiness,
I find fullness without end.

Each condition I flee from pursues me,
Each condition I welcome, transforms me

And becomes itself transformed
Into its radiant jewel-like essence.