

# Your Birth Right

By Danna Faulds

Despite illness of body or mind,  
in spite of blinding despair or habitual belief,  
who you are is whole.

Let nothing keep you separate from the truth.  
The soul, illumined from within,  
longs to be known for what it is.

Undying, untouched by fire or the storms of life,  
there is a place inside where stillness and abiding peace reside.

You can ride the breath to go there.

Despite doubt or hopeless turns of mind, you are not broken.

Spirit surrounds, embraces, fills you from the inside out.

Release everything that isn't your true nature.

What's left,  
the fullness,  
light and shadow,  
claim all that as your birth right.