

Evening Grace

Sitting down at the kitchen table,
a warm plate of freshly cooked
food before me - pausing
to prepare to give thanks for the day,
all of a sudden, I see that ease
has crept in – all on its own –
and begun to find a home
in the body of my life,
without me knowing it had arrived.

Breathing in, I feel
tiny tendrils of peace
twirling and opening out,
taking root, in the new-found
space in my day - in my heart -
spreading warm comfort
throughout - and - into my core,
and with it ripples
of quiet expanding joy.

Breathing out, I feel
already full.
Bowing my head
I take hold of the loving hand
reaching out for mine.
In silent gratitude, I welcome
this easy peace,
and my Self,
home.

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Published in *Moments of the Soul* 2010, by Spirit First