

## HELD

So I let my foundation be silence,  
The silent acceptance of truth.  
If I have silence in my soul,  
Deep down in my belly,  
In the core of me,  
Then I have no need to run  
No need to prove anything,  
Nothing to hide.  
I am already known,  
Already loved,  
Already accepted,  
Already in the heart of God,  
Already clean.

Nothing can improve on that.  
Nothing needs to be said,  
It has already been decided,  
It is finished.

So I am here with you,  
With the warmth of your presence in the core of my being  
And I sleep in your arms.  
In this peace so deep and so thick,  
All is known,  
All is forgiven,  
And I am loved.