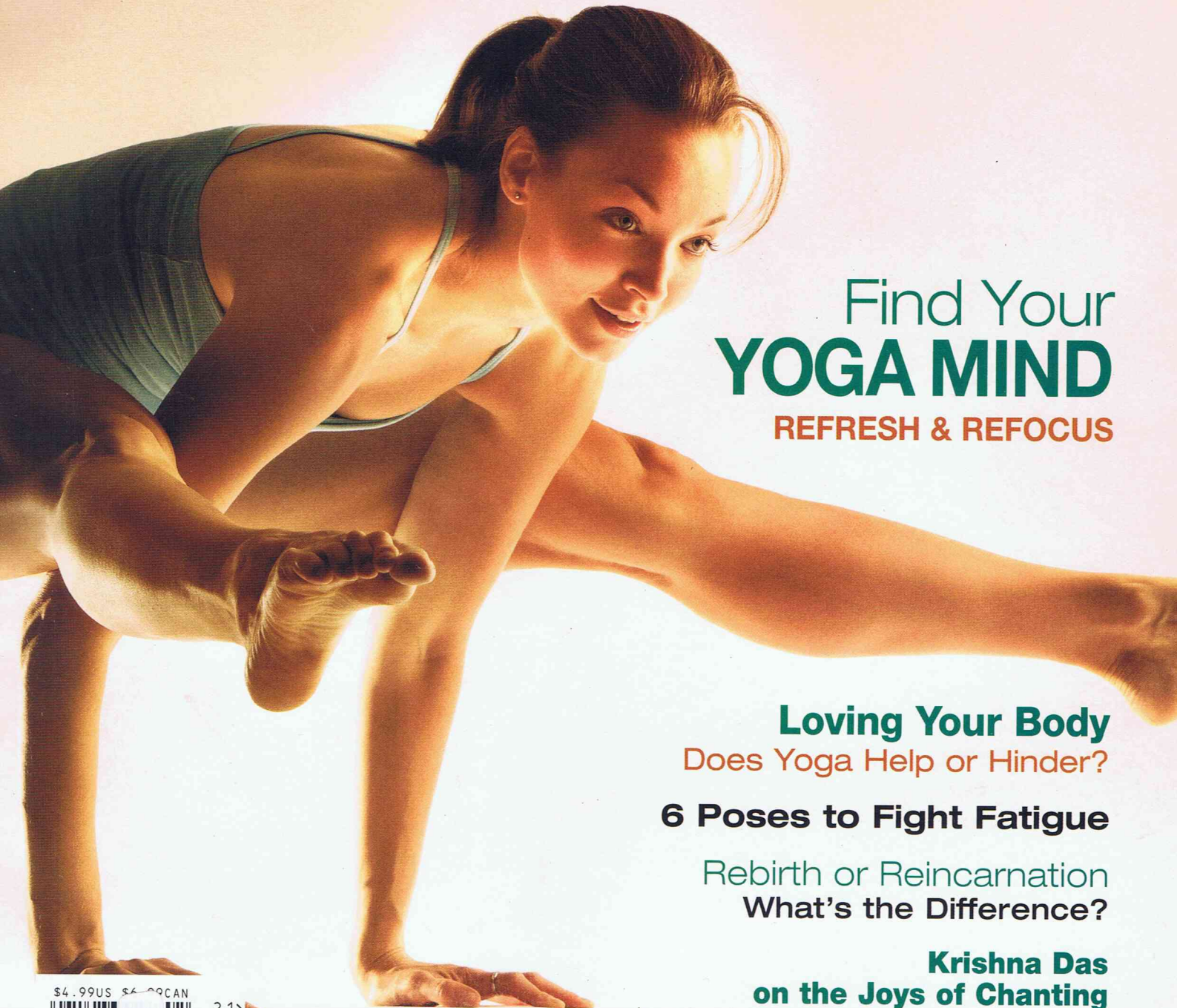


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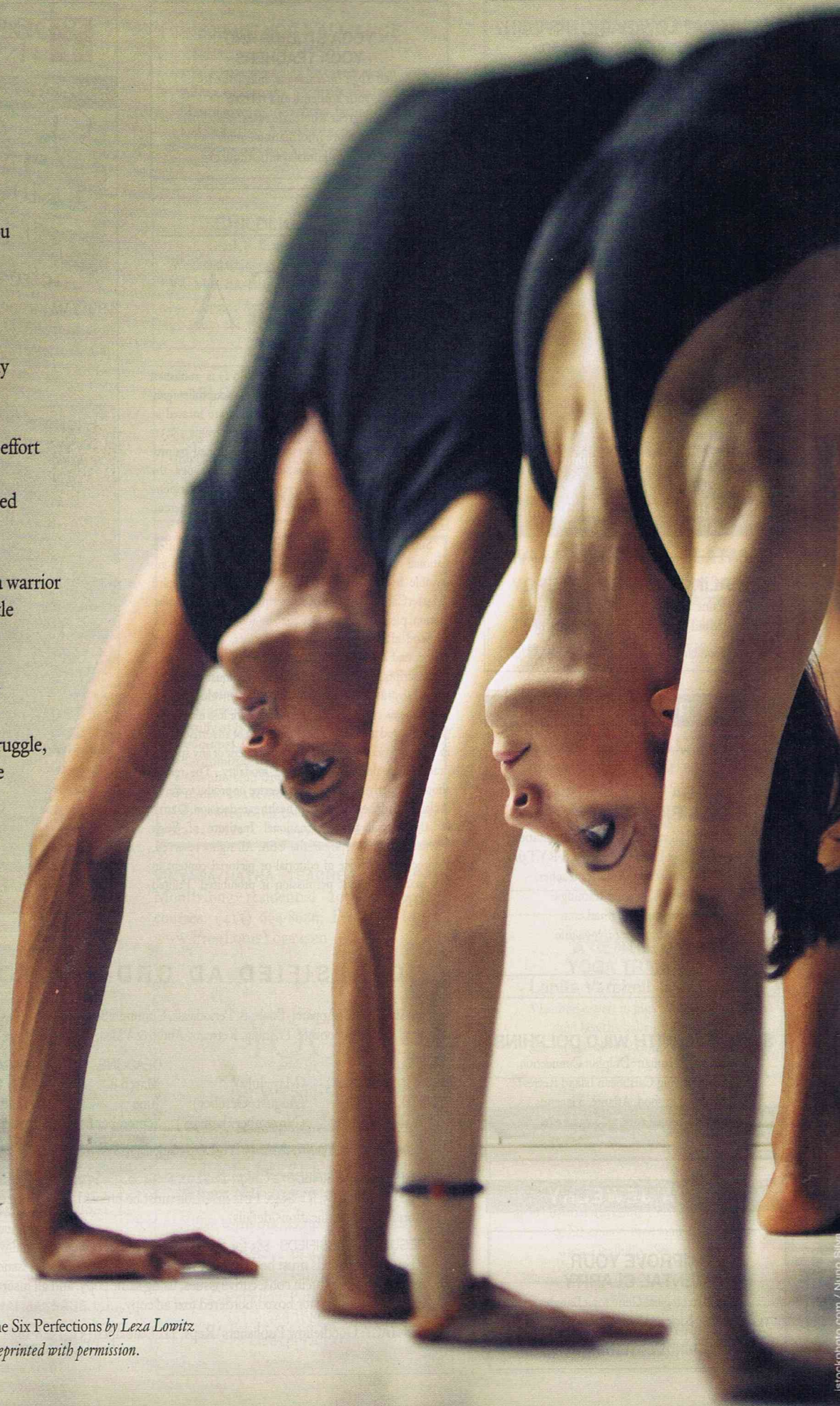
By Leza Lowitz

If you had come easily
slip of joint into bone,
we might have missed you
for the teacher you are.

If you had simply arisen
from the body like a sigh
we might have completely
taken you for granted.

If you had come without effort
like a dream or sleep
we wouldn't have bothered
to learn your name.

But since you came like a warrior
engaging us in fierce battle
we want to know
every inch of you
so that when your power
arises in us,
it bears witness to the struggle,
lights up the stage for the
hero within. ■



*From Yoga Heart: Lines on the Six Perfections by Leza Lowitz
(Stone Bridge Press, 2011.) Reprinted with permission.*