

Alone
By Kimberly DuBoise

Alone
I see that I
am not
what I thought I was.
I see clearly
when I open the eyes of my heart
to the truth within every heartbeat-
truth of unity, of oneness
between my breath and the breath
of the universe;
I rise and fall like the ocean tide
ever flowing back to its origin.

Alone
I see that I
am not alone,
instead I live as part of Love's expression.
I live in love and die to love
but always, always, always,
it is only love
that exists.