

Healing Journey

By Jennifer Freund

Sometime I get this unexplainable feeling,
Like lying on the ground in the pouring rain
Feeling cold and empty
On the verge of tears, unable to cry
In a place where the sun never shines

Then I realize
The rain drops could be tears
Of someone crying somewhere
And I do not feel so all alone

I look up and see a hand
Reaching for me
The rain had stopped
The sun is out

And I am able to stand
Knowing that I am not alone
As I travel through this
Journey of healing