

Liturgy of Embracing Enjoyment

At some point,
Dear one
You learned that enjoyment was dangerous
Guilt rises to greet your smile
To stamp it down
Grab the chin and turn the gaze towards what is productive
Protective
Another perspective
Of worthiness

*For the ways you have feared enjoyment
Your whole story is welcome here
May the richness of life fill your lungs with sweet oxygen*

I am here to tell you
Invite you
Delight you
Instead of hold you
In brace
You may
embrace
Release the hand from your chin
Let your face
Like the green around you
Turn towards the life-giving light

*Your whole story is welcome here
What may your heart and soul and body wish to tell you?
What does your true self say when it speaks of joy?
May the richness of life fill your soul with reverberating laughter*

It is safe,
Dear one
To let your life turn towards the light
To practice joy
And gain wisdom from laughter
To experience bliss

And to choose based on the ways your heart feels led
The body can soften
The tension can ease
For some things in life
Can be as you please

Your whole story is welcome here

May the body unguard

Desire

And engage

May the richness of life fill your face and spine with rested softness

What authorities have left you doubting joy
Distrusting glee
Disrupting playfulness?
What prevents your teeth from pouring through your smile
And your eyes welling up
Overflowing from a belly full of laughter?
What tension and fear have stilled your body
From the delight of dancing?
Breathe in your life,
Dear one
And let abundance spill into your bones.

Your whole story is welcome here

Your whole personality is welcome here

May you know the joy of your inheritance

May the richness of life fill your eyes with tears of gladness