

Listen to the Pain
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December 31, 1977, Journal (while recovering from a climbing accident in the
Colorado Rocky Mountains)

Revised March 25, 2011(following a series of personal losses)

Listen to the pain,
to what it has to say.
Sounds you'll not hear
listening with the ear.

Listen with the pain,
for in it you will find
that which you most fear. . .
that which you hold dear.

Listen in the pain
for the essence of life
borne in agony's tear. . .
lessons in living made clear.

Listen through the pain
for in it you will find
the means by which to steer
through storms before you here.

Are you listening to the pain,
to its truths from the dark of night?
Can you seize what gifts appear
when its depths are pounding near?

Listen....listen....to the pain.

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