

I know I am Healing

By: Hazel Gay Lee ©2013

**When my grief turns to love
And my tears to laughter
My heartache to sweet memories
And my pain to peace
I know I am healing**

**When I can laugh at the good
And also laugh at the bad
And remember the joys and struggles
And feel no regret for the journey we shared
I know I am healing**

**When I can let go of the anger
And the dreams of tomorrow
Let my heart surrender the past
And find joy in the present
I know I am healing**

**When I can face today
Without feeling great loss
And appreciate what we had
And not long for what we didn't
I know I am healing**

**When I can allow myself to feel
And embrace what I feel
And know I will be okay
And look forward to tomorrow
I know I am healing**

**When I can finally and totally let go
Feel love in the midst of my loss
Surrender to that love and loss
And have absolutely no regret or remorse
I know I am healing**

**When I can finally embrace my healing
Wipe away the tears and accept what is
Open my heart to all I had and what I still have
Thank God for everything without asking for more
I know I have finally healed**