

Please Come Home

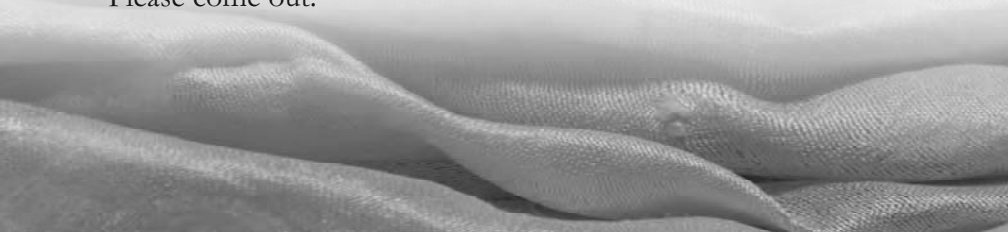
Please come home. Please come home.
Find the place where your feet know where to walk
And follow your own trail home.

Please come home. Please come home into your own body,
Your own vessel, your own earth.
Please come home into each and every cell,
And fully into the space that surrounds you.

Please come home. Please come home to trusting yourself,
And your instincts and your ways and your knowings,
And even the particular quirks of your personality.
Please come home.

Please come home.
And once you are firmly there,
Please stay awhile and come to a deep rest within.
Please treasure your home. Please love and embrace your home.
Please get a deep, deep sense of what it's like to be truly home.

Please come home. Please come home.
And when you're really, really ready,
And there's a detectable urge on the outbreath, then
Please come out.



Please come home and please come forward.
Please express who you are to us, and please trust us
To see you and hear you and touch you
And recognize you as best we can.

Please come home. Please come home and let us know
All the nooks and crannies that are calling to be seen.
Please come home, and let us know the More
That is there that wants to come out.

Please come home. Please come home.
For you belong here now. You belong among us.
Please inhabit your place fully so we can learn from you,
From your voice and your ways and your presence.

Please come home. Please come home.
And when you feel yourself home, please welcome us too,
For we too forget that we belong and are welcome,
And that we are called to express fully who we are.
May we wake up and remember who we truly are.

Please come home.
Please come home.
Please come home.

—Jane Hooper