

## POEM

# You know it when

You know it when  
Your eyes connect deeply  
And your heart is moved  
And now your eyes are shining  
And theirs are too

You know it when  
You're drawn towards them  
With hands opening  
Utterly empty  
Yet full of offering

You know it when  
You can hold their suffering  
Absorb it wholly  
Watch it evanesce  
Then smile softly

You know it when  
Giving of yourself comes easy  
As from an abundant spring  
Carrying away burden  
Washing away scarcity

You know it when  
Trust abounds  
Through nights of uncertainty  
And a safe way is found  
On a perilous journey

You know it when  
The lock finally opens  
And space gains entrance  
Followed by relief  
And then by peace

You know it when  
Overwhelming tenderness  
Finds its home in gratitude  
Leaving behind  
Some kind of ecstasy

You know it when  
You're the comforting father  
The bright grandchild  
The wise brother  
And family lines are redefined

You know it when  
We become kindred spirits  
And they feel fully known  
All their humanity  
And all their soul

You know it when  
Time sways and falls away  
Leaving only the present  
Yet it is enough  
More than enough

You know it when  
The sun is shining  
And the rain is falling  
And you can sense it all  
Every last drop

You know it when  
The words flow naturally  
And feel just right  
Here comes inspiration  
Your best self has arrived

You know it when  
Everything comes together  
To make this very moment  
And you finally are  
Who you're meant to be

Beyond connection  
It is communion  
Beyond the secular  
It is sacred  
Beyond this life  
Dare I say it  
It is Love

## Author

RACGP member  
Competing interests: None.

correspondence [ajgp@racgp.org.au](mailto:ajgp@racgp.org.au)