

## The Brain – Powered By Love

Mother's gaze  
Eyes full of love  
Received and ignited  
Neuron connecting with neuron  
Waking brain, growing, learning  
Learning the rhythms of grace  
Rhythms of calm  
From angst to peace  
From rage to contentment  
Learning to listen to self  
To cry, to open, to receive  
Drinking in through eyes, ears and skin  
Resting, calm  
Ready to move forward  
Learning to be...  
Opening, needing and receiving  
Connecting with self, with other and with God  
Knowing love is always there  
Here and now

What about the absence of mother's gaze  
Or hurt and trauma  
Shut down with fear  
Protecting and not connecting  
Defended, alone  
Yet the longing with fear remains  
Like a seed waiting longing for rain  
To begin to soften and take in longed for sustenance  
So that seed of self waits for another's gaze –  
For love itself to show the way  
Out of fear, through the pain,  
the past, into the present now  
to take courage to see, feel and hear love  
through another, another's care, eyes and heart  
beginning the journey of **connection**  
neuron to neuron  
mind to heart  
one heart to another  
one heart to Love itself  
God's constant presence  
Always seeing, guiding and affirming