

I Know Hearts Can Break®

I know hearts can break; mine has many times, or so I thought.

It has been broken by the exquisite beauty of the pale yellow rose as it dances in the wind, barely sheltered as it bobs rhythmically, anchored at the corner of the house.

By the piercing clarity of the reflection of the moonlight as it ripples in the mirror of the summer lake.

By the spreading grins my delighted babies offer as they play peek-a-boo with me for the thousandth time.

By the poignancy of a long ago first love's betrayal that pushed out all other thoughts for a week, a youth's eternity.

All these things have broken my heart open a little to joy and sadness.

But I never knew my heart could be broken open over and over again, every second.

Because of my love for you, I live in a perpetual state of heartbreak.

My every moment is lived in the intensity of the heartbreak of beauty.

The beauty that is all around me, everywhere.

The beauty I see in people's willingness to laugh and love in the face of pain and fear.

The beauty of my Mom's aged hands reaching out to me from the serenity of her last few moments.

The beauty of the last autumn leaf, delicately floating in glory and fearlessness to the earth.

Likewise, my every moment is lived in the intensity of the heartbreak of sadness.

The loss of friends, the ending of each stage of my life.

The increasing awareness of how very short this life is after all.

But because of you, I no longer yearn to shelter myself from the absolute truth of each moment's exquisite heartbreak.

What is different is that I now can let this moment in, let in the sweetness and sadness of all my heartbreaks.

Loving you has made my whole body a heart, pulsing with the heartbreak that love and beauty and life are.

Every nerve in my skin sings with heartbreak.

Every one of my breaths is a prayer in gratitude for this heartbreak.

You have become my Sweet Heartbreak, my pathway into the mystery that life is, as it begins and ends each second.

You are the waters of the flowing river and yet simultaneously the bridge arching over them.

Te adoro.