



## Doors & Doorways

Doors and doorways offer us up into a special intimacy.

Perhaps a sense of passing through their liminal quality; a transition allowing an articulation with movement.

Try stopping in the doorway exactly at the moment your front foot seeks release into the next world as you surrender yourself up with the release of the back foot.

The future and the past hold onto you and give you up at one and the same time.

The best experience of now we are ever offered is in that passageway. That inbetween exposes us and shelters us as storms pass into peace.

We are given and taken with such sweet silence.

Forgiveness and mercy melt into the moment as we glide from one into the other yet remain ever still.

~Isha Francis

