



Walls No More

by Roy Knowles

Walls no more, no more walls,
Each day more of them fall.

The purpose they serve is no more,
To protect us from pain down in our core.

Blocking the view to beauty and love,
They are so familiar, they fit like a glove.

Hiding our true self is what they do best,
Keeping us from living life with zest.

Until that child inside says no more,
I can't take it, I want us to soar.

Like the eagles fly with such grace,
Please take me to a more serene place.

Ignore that child we can't no more,
That voice from a whimper, now is a roar.

Shedding the pain is the only way out,
Learning to love ourselves is the only route.

To freedom from the past held in our bones,
And living life no longer alone.

Blasting that wall between us and our kid,
It is the best thing we ever did.

Now that that wall has crumbled today,
The true beauty of people shine like the sun's ray.

So listen to that kid when he roars,
His healing will open incredible doors.

©2006 Roy Knowles
www.RecoveryofSpirit.com

Click image above to get a free download of a larger PDF image that you can print and frame!