

## When Love Returns

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i remember almost everything,  
a curse some would say as life  
if fraught with calamities and sorrow  
but what use a troubled heart and mind  
if not to appreciate the fleeting joys and ecstasies  
we experience?

dread and sorrow are constant companions  
to our joys and happiness  
the Buddha obsessed with misery and sorrow  
and discovered truth and bliss yet without his  
tortuous yearning  
nirvana would have escaped him,  
without the profound sorrow he experienced  
the world would have lost a liberating philosophy

take heart,  
the scarlet-throated swallow  
always returns home to nest  
some migrating birds span half the globe  
to reach the home of their hearts  
without realising it is the heart that guides  
them back to itself

are we not greater than swallows?  
but still too many fall victim to despondency,  
learn to accept everything that assails  
the heart and mind as these  
tribulations are keys that unlock the gate  
to paradise

meet every fleeting and enduring pain  
with valour, as courage arises from the heart,  
a grief-stricken heart becomes a flowering rose  
if we loosen our morbid grip

when love returns the entire world responds,  
every blade of grass and fallen leaf becomes an  
an exquisite work of art  
every glance and smile a joy  
responding to our joy

in the most hopeless circumstance  
open your heart and allow it to grow  
and guide you until that which held you  
in a crippling vice is removed by a puff of  
breath  
nothing is able to resist selfless love  
as you walk and go about your social needs  
people respond with smiles and sparkling eyes,  
love is mutually enhancing,  
what a pleasant person they say  
a pleasure to be with

you have discovered the secret  
that love never abandons itself  
the heart always guides you home  
to Love

<http://jungledrum.hopto.org/news/story-1756.html>

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Underground Oz Poetry. <http://ozpoetry.lingama.net/news/poem-598.html>