## **Healing Meditation #3**

Gentle go the waves that heal me in the night. Soft are the sounds that give my body light.

Now my room is dark and sleep is nowhere near, but hints of future joy are warding off all fear.

Soon will come a time when pain has gone away, when Yes, a healthy Yes, will have its mellow way.

With medicine to comfort and universe to cure I see no need to worry as impure turns to pure.

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