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Episode 24 - Finding Your Way

We'd love to hear your thoughts about the show and have you be part of the Harmony Hub Magic. We are really keen to hear about a memorable, favourite song and what it means to you or to hear a recording of you reading a favourite poem. If you have anything you'd like to share or need help to share something, please get in touch with me, Kaye, on 07591157841 or by email at kaye@awakeningarts.co.uk

This week on Harmony Hub Radio, we'll be reading homes and hearing songs and stories of paying attention to the little things and appreciating that which we usually take for granted. These are the poems I'll be reading on the show and I'd love it if you'd read along with me.

The Journey by Mary Oliver

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice—
though the whole house
began to tremble
and you felt the old tug
at your ankles.
"Mend my life!"
each voice cried.
But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.
It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.
But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do—
determined to save
the only life you could save.

By Erin Hanson

Every heart's a hurricane,
Each soul a starlit sea,
Every mind's a meteor
Unbound by gravity.
And everybody's wishing
They could learn to tame their tides,
When nothing more than nature
Is what's echoing inside.
Every life's a lightning bolt,
Yet everyone's told no;
Bite back all your thunder
And don't let the wild things show.
Every heart's a hurricane,
Everyone a world within,
Every life too short for loathing
Any storms beneath your skin.

She Let Go by Saffire Rose

She let go.
She let go. Without a thought or a word, she let go.
She let go of the fear.
She let go of the judgments.
She let go of the confluence of opinions swarming around her head.
She let go of the committee of indecision within her.
She let go of all the 'right' reasons.
Wholly and completely, without hesitation or worry, she just let go.
She didn't ask anyone for advice.
She didn't read a book on how to let go.
She didn't search the scriptures.
She just let go.
She let go of all of the memories that held her back.
She let go of all of the anxiety that kept her from moving forward.
She let go of the planning and all of the calculations about how to do it just right.
She didn't promise to let go.
She didn't journal about it.
She didn't write the projected date in her Day-Timer.
She made no public announcement and put no ad in the paper.
She didn't check the weather report or read her daily horoscope.
She just let go.
She didn't analyze whether she should let go.
She didn't call her friends to discuss the matter.
She didn't do a five-step Spiritual Mind Treatment.
She didn't call the prayer line.
She didn't utter one word.
She just let go.
No one was around when it happened.
There was no applause or congratulations.
No one thanked her or praised her.
No one noticed a thing.
Like a leaf falling from a tree, she just let go.
There was no effort.
There was no struggle.
It wasn't good and it wasn't bad.
It was what it was, and it is just that.
In the space of letting go, she let it all be.
A small smile came over her face.
A light breeze blew through her.
And the sun and the moon shone forevermore...

Art Activity

This week our theme is time. Here are some ideas for how you could create an image on this theme. As ever, please feel free to interpret the theme in anyway that feels right for you, these are just some ideas or starting points.



I love this painting – The Journey – by Lucy Campbell which seems to me, to depict the longing for adventure, for bringing dreaming into reality and for finding our path.

Perhaps you could paint or draw something similar but showing your own longings for a journey?

I find this painting – by Loretta Hon – really sweet. It depicts a dream journey. Perhaps that childlike dream journey. If you could go anywhere, where would you go? The magic of painting, is that you can create any world and any reality that you like.

