Inner Wisdom Claudia Cummins

Everything we need to know,   
all the wisdom and clarity  
and insight and love,   
already resides within us.   
  
We simply need to stop  
looking outward to others  
for the answers, and instead  
take a closer look inside.  
  
We need to explore  
our inner landscapes,   
encourage our inner  
voices to strengthen,   
  
and make space for our  
truest, deepest self   
to unfold with boldness  
and without fear.

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***Questions for contemplation:*** *What can I do to nourish my connection to that deep font of wisdom that already lies within me? What forces disconnect me from the truth within? What do I see and hear when I look inside?*