

Westside Notes



A journey of a thousand miles begins with a single step

Allow by Danna Faulds:

A favorite poem of Jen Davis, AMFT

Jen Davis, Associate MFT



There is no controlling life.

Try corralling a lightning bolt,
containing a tornado.
Dam a stream, and it will create a new
channel.

Resist, and the tide
will sweep you off your feet.

Allow, and grace will carry
you to higher ground.

The only safety lies in letting it all in—
the wild with the weak; fear,
fantasies, failures and success.

When loss rips off the doors of
the heart, or sadness veils your
vision with despair, practice
becomes simply bearing the truth.

In the choice to let go of your
known way of being, the whole
world is revealed to your new eyes.