



*In my Guru's hands
the stones of my sorrows
become polished gems.*

*A vein of gold appears
in my leaden heart
of old failures.*

*No use now
trying to claim
the past as mine.*

KRIYA YOGA MEDITATION RETREAT
with Yogacharya Ellen Grace O'Brian
June 25-28, 2026

Poem "In My Guru's Hands"
by Yogacharya O'Brian, May 2026



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