

# Break Open & Explore What It Means To Be Free

*BY REBECCA KIMBALL*

I cannot tell you how it will be.  
If the exquisiteness of your love will  
go where you've willed it, innocent  
in its intention  
or if its sweeping grace will find you.

There is mixed talk of becoming:  
How it strips us of our delicate  
eloquence, throwing us, messy  
sideways so much  
further along the rails;  
the way it moves us.

I want you to allow this breaking open,  
to allow the crest of waves to expand  
the breath beneath your ribcage  
to where the pause in gravity within  
the sanguine liquid pools  
forces you to explore what it means  
to be free  
with your love,  
with no expectations in return.

To allow this rush of aliveness  
to hold steady  
in your center.  
To know this is the way out,  
and to realize your pale moon  
skin will not break  
like porcelain, as you thought,  
but will mold into an ascended

version of you.

For more self-study, [The Urban Howl](#) recommends [Courage: The Joy of Living Dangerously](#) .

***Sip a little more:***

**[Your Evolution – Let The Shape Of This Madness Shift You](#)**

**[Courage – Rise To The Magic That Was Inside You All Along](#)**

"Resilience means you can descend to the heart of your existence. Resilience means you can journey to the center of your Soul, and discover what it means to be."

AMANDA FIORINO

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