

He Watched Her Break Open, He Saw The Tears Fall

[BY CASSANDRA BELLAREI](#)

He witnessed a transformation
The falling of her walls

The wound was torn open
All of the grief gushed through
From the lifetimes of lies
That love turns away from you.

He remained present
He did not turn away
He held her as she let it go
Let the tears wash it all away.

She felt safe in her breakdown
As she was held with such care
She wondered, why; why is he still standing there?

It's love that is present
In many shapes and forms
It never goes away
It only transforms.

It may be a friend or a lover
A bee or butterfly
But it's vast as the cosmos
And endless as the sky.

Love holds no conditions
Only shape-shifts into form
It opens you to life

Break Open
Be Reborn.

Photo by [Taya Iv](#) on [Unsplash](#)

For more self-study, [The Urban Howl](#) recommends [52 Ways to Live a Kick-Ass Life: BS-Free Wisdom to Ignite Your Inner Badass and Live the Life You Deserve](#) .

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Hungry Ghost, Please Tell Me Something True

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Come Out Together***

"I am made of scars...
They remind me of who
I am, where I come
from, and how deep my
strength runs."

TANYA TIGER

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