

You Danced In My Heart

Poems of Spiritual Friendship



Dr. Olga Rodríguez Rasmussen

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In My Heart
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By
Dr. Olga Rodríguez Rasmussen

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Dedication

To my beloved and precious
Maya Davis—

You have touched my life deeply,
Opening places
In my heart
And soul
I never knew existed.

You are a blooming rose unfolding
Into the beautiful young woman
You are becoming.

May you savor these poems—
And may they enable you to journey
Into the cave
Of your mother's compassionate heart,
That you may more clearly see,
Understand,
And imbibe,
The beauty of her soul
Reflected through my eyes
And my inadequate words.

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You Brought Song and Dance

I awoke
with poetry in my Soul—
 Sacred Ruminations
tumbling out of me!
You have brought Song
 and Dance
back into the most Interior Chamber
 in the Cave of my Heart!
Let us Celebrate!
 in the Joy and Bliss
 of knowing
 the self as Self!



Parallel Lives

We've led parallel lives—
 twin Soul Flames
in different dimensions
 and time frames.

Where have you been
 all of my Life?

You were always there—
 in my Heart
 waiting to be discovered.



One Heart, One Soul

we are—
one Heart.
one Soul.
one Love.

How can one heart—
Love so many
so DEEPLY!
Husband.
Love-child.
Parent.
Friend.

The Divine
in my Heart
sees and knows—
Loves and mirrors,
and comes home
To the Divine
In You.

The Divine permanently resides
in our Hearts
as One.
That is why this Love—
can delight
in its reflection
which is manifested in
every Soul
and all of Creation.



Sacred Vessel

You came into my Life—
A Sacred Vessel
of Consecrated Wine
to Anoint my Soul.

You awaken in me
a Hunger for the Divine
I had not experienced
in many years.

Because you reflect Divine
Light and Love
in a most excellent way—
my day now begins so differently.

In the space and time of just a few of weeks—
I have let go of caffeine.
News.
All of my morning rituals.

Instead I seek to dedicate
my first words and actions
to the Beloved!

It took Your Presence
in my Life
to rekindle this fire
in my Soul.

How could I ever thank you
enough—
in this life?



The Best is Yet to Come

Where have you been
all of my life?
The insight came to me
on my morning walk
that the whole first part
of my life
was lived in the preparation,
and sheer anticipation—
for the Unexpected Gift
of Your Presence
in my Heart!

AH!

I had forgotten!
The Divine in me
foreshadowed
this Exquisite Spiritual Friendship,
when it gently whispered
in the deepest recesses
of my being—
the words of Anthony de Mello SJ:

*“Spread your wings
wide into the future—
the best is yet to come!”*



Repose in Kumbhak

your Breath
and my Breath—
encircling our Souls,
finds its repose
in **Kumbhak**—
that place where the Breath pauses,
so Impregnated
with the Divine.



May All Blessings Flow!

From my heart
to your heart—
may all blessings flow!

I sit in meditation,
and offer my humble prayer
For the day
which you wrote:

*“Help me to be a messenger
worthy of your message
of great love—
to my Precious Child.”*

I am touched.
my eyes moist with the dew
of joy and gratitude.
I feel you so near—
I can almost reach out
and touch your heart.
I do reach out—
And trace the Infinity Symbol
A figure eight
Anchoring your heart
to mine
In Divine Love.

From my heart
To your heart—
may all blessings flow!



Sacred Way of Seeing

This Divine Love
is a Spiritual Wounding.
It pierces
the very fabric of my Soul!
It shatters everything that was—
rending the Veil.
God's Finger lifts the Curtain
from my eyes,
giving me a Sacred Way of Seeing
only shared with you.

Oh the Mysteries that are Revealed!
Oh the Beauty that is made Manifest!
a Kingdom of Perfection.
of Infinite Love!
of Splendid Beauty!
And it resides in our Hearts.
It awaits animation—
a Reality that will only be activated
by the Wind of our Breath—
what the Biblical writers called *Ruach*¹.

Our Sacred In-breaths,
And Out-breaths
in Perfect Rhythm.
ever Flowing in Perfect Unison.



¹ Breath in Hebrew.

Magnificat

*"My Soul proclaims
the Greatness of the Lord!
And my Spirit rejoices in God my Savior!
For He has looked
upon the lowliness of His Servant,
and Holy is His Name!"*

Your Prayers
entwined with mine—
Our Meditations
intersecting in Sacred Time.

Your Prayers and Blessings for me
uttered in Simplicity
And total Sincerity,
Arise and sweetly kiss
the Face of the Divine.
So Holy are they—
so imbued with Divine Bliss
and as genuine and richly textured, and Sacred
as Mary's own Canticle of Praise,
the Magnificat.



Sacred Time

to share so much.
to pray and meditate
in tandem.
to experience spontaneously—
the same visualizations
in Sacred Time.
some would call it telepathic.
it is simply
the rare and true Gift
of experiencing Union
in Divine Love and Grace.



The Palette of Your Life

so many vibrant colors
from the palette of your life—
selflessly applied onto the canvas of my life.

What will the finished work look like?

Wait and see—
What marvelous and wondrous miracles
The Lord has in store for us!
Eyes have not seen!



Abyss of Sacred Union

to drop so deeply into the abyss
of Sacred Union.
to transcend all prerequisite stages
and constructs of time.
to dispense with all the usual protocols
for establishing and cementing a true friendship.

I am constantly in awe
of where we are—
It is pure Divine Gift!

We were transported
to a most Holy and Exquisite
Sacred Time and Place
of Sheer Grace,
where we could freely encounter
and experience together
our mutual Fire for Divine Love,
mirrored back
to one another so resplendently—
in utter Nakedness
of Soul.



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Every poet has a work she loves best. These poems are near and dear to my heart, birthed from a place deep within the cave of my heart and seldom shared. They evoke lines penned by Rumi, whose poems have fed my soul:

“The only lasting beauty,
Is the beauty of the heart.”

May the words contained within these pages serve to illuminate darkened corners.
May they reveal the threshold to the Divine – always present and within our reach.

And may they
re-imagine and re-interpret spiritual friendship
for a more contemporary audience and world.

May the One with the eyes to see – See! And,
the ears to hear – Hear!

Namaste!

About the Author

Dr. Olga Rodriguez Rasmussen, D.Min (E-RYT 200) is a Certified Anusara Yoga teacher. She received her doctorate in spirituality and education from United Theological Seminary in Minnesota. For over twenty-three years, Olga worked in campus ministry and taught religious studies in a number of institutions including St. Louis University, Washington University, and most recently as Chair of the Religion Department at Georgetown Visitation Preparatory School, in Washington, DC.

Olga has been teaching yoga since 1997. She currently divides her time between teaching yoga classes and yoga philosophy workshops at The Health Advantage Yoga Center, in Herndon, Virginia, as well as at other studios. Olga also practices and teaches various healing modalities including Reiki.

Olga's instruction as a yoga teacher is equally enriched by her extensive training in this practice and her deep love of spirituality – which has been a life long passion. She continues to advance her knowledge and understanding of Yoga's rich heritage by studying with highly respected teachers. Through the simple elegance of Anusara Yoga, Olga encourages her students to embody greater alignment, and to connect more deeply with the spiritual essence of the practice – a path inviting transformation, joy, celebration, and compassionate living.

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