



And So Shall It Be

Speak from the heart, open your mind to the dreams of your soul.
Listen to everything surrounding you
The birds, the rushing water, the whispers in the wind.

She calls you, she speaks to you, the spirit of insight are words to the soul.
Listen, reflect, decide and believe in the healing
And so shall it be.

Photograph and Words by Elizabeth L. Mangle



There is much splendor in the beauty of natures cycles
No energy ever lost or wasted
Death of one brings life to another
Fear not, your own passing, as with nature
You will be transformed, set free to live a new life again.

Photograph and Words by Elizabeth L. Mangle



A Gift Is Given

Each day is a beautiful gift, wrapped with perfection,
one in which to gaze, with wide anticipation.

What joys will it bring?...treasures to be discovered?
...truths to be transformed? ...beauties to behold?

Oh, what gratitude envelops my soul, being given this opportunity
to unwrap this precious gift, live it fully, experience its blessings.

So, I bow to honor the Oneness, that which gives us this day.
I promise my talents to serve, to share the love that is so freely given.

Photograph and words by Elizabeth L. Mangle



~ Friends ~
Together in the Oneness,
we are surrounded by love.

Photograph and Words by Elizabeth L. Mangle



Light

Write with your heart, with clarity of mind
Express what you feel, let the thoughts flow thru you.

Live and love deeply, abandon fear

Toss caution to the wind be free to let loose, enjoy each moment

Treat everything as a dance, each moment a snapshot of art
With beauty and meaning, experience it all, feel it all, love it all
You are who you are, no excuses, no distain, beauty is unique
As the shades of the rainbow, the universe needs them all to make
light

Photograph and Words by Elizabeth L. Mangle



Divine Energy

In Oneness we see clearer, feel deeper,
understand and appreciate more.
Words come from the quiet stillness of the heart,
concepts intertwine, creating understanding.
Everything fits together, f
or it is all part of the one divine energy ...Love.

Photograph and Words by Elizabeth L. Mangle



Rain must fall and so does life's struggles shower upon us
Making our spirit weary
But through the clouds, rays of hope shine through
In a friend's smile, a lovers warm embrace
Bringing rainbows, reminders of peace and love, to us all.

Photograph and Words by Elizabeth L. Mangle



Magical Moment

Basking in the sun, brilliant glow of energy, warming, strengthening,
rejuvenating after a long cold winter
Soak it all in, accept its healing, comfort, soothing for a weary soul

My visitor is so small, yet keen, strong, inspiring.
Patiently sat, warming herself while I absorbed her grace,
beauty and splendor.

Together, sharing the moment, taking in what nature has to give us
Gifts of a sunny spring day and a new friend
to share a magical moment in time.

Photograph and Words by Elizabeth L. Mangle



In Oneness

The fabric of nature is a tapestry of love, woven threads of life and death
Patterns, cycles, showing compassion and forgiveness
Purity of color, depth of hue, intensity of light
Uniquely different yet with order, beauty and grace
Ever changing, evolving, no energy lost, just transforming
Becoming even more beautiful in the Oneness.

Photograph and Words by Elizabeth L. Mangle



Gratitude

A grateful heart creates a peaceful mind, a balanced body
and a soul that soars to new heights.

Photograph and words by Elizabeth L. Mangle



Gratitude

Live in gratitude of every moment , appreciate the precious
memory given to you in grace,
filled with divine insight, spectacular beauty and unconditional
love.

The trees are the perfect union with universal love, they honor
their mother earth as so shall we
Our gift is a thankful heart poised every second to see the beauty,
hear the sacred sounds and feel the love surrounding us
Open yourself to the divine energy that is so freely passed
through all that is
Accept it, feel it, let it heal you, and pass it on.
For it is when we are in union with all that is, we become whole.

Photograph and words by Elizabeth L. Mangle



Tree of Life

Oh Grandmother tree, your strength and stature inspire me.

I wonder about all the many things you've seen, what wisdom is in these ancient trees, I am drawn to you.

Your broad trunk, I hug a greeting.

I sit at your base feel your energy within, meditate on your roots,
connecting to mother earth.

Like them I yearn for truth and stability.

I listen to your branches far above me, dancing with the wind they whisper a song.

Your sweet aroma fills my spirit, the serenity calms my heart.

The beauty of this moment inspires me, I walk on refreshed feeling more alive.

Photograph and Words by Elizabeth L. Mangle



Stay In The Light

Where no darkness can exist
Where clarity and truth are revealed to the open mind
Where peace and understanding rejuvenates the yearning heart
Where love and hope replenishes the sacred soul.

Photograph and Words by Elizabeth L. Mangle



Oh, Grandmother Moon, shine your healing light
down upon the earth
Transform our soul, help us find peace and love
in the Oneness.

Photograph and Words by Elizabeth L. Mangle



Keep watch for natures' little gems

They are everywhere, even surrounding your feet
Take time and rest with them.
Experience their energy and find peace.

Photograph and Words by Elizabeth L. Mangle



Peace

Open your heart;
discover the purest of Love within and
together we will bring about peace
to this world.

Photograph and words by Elizabeth L. Mangle



There will be many storms waiting to challenge your resolve,
your ability to master that which is meant to be understood
this time around

Rise above, open yourself to your inner voice.
Only then discovering your highest path and purpose
remembering your perfection,
your connection to the Oneness.

Photograph and Words by Elizabeth L. Mangle