

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.



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.



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.



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



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



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.



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.



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.



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.



<u>Gratitude</u>

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



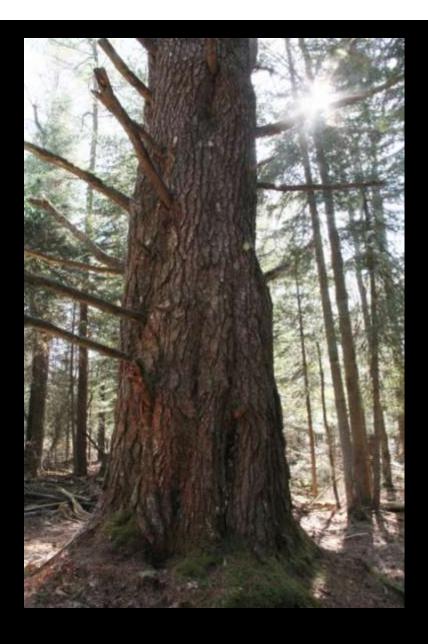
Gratitude

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.



Tree of Life

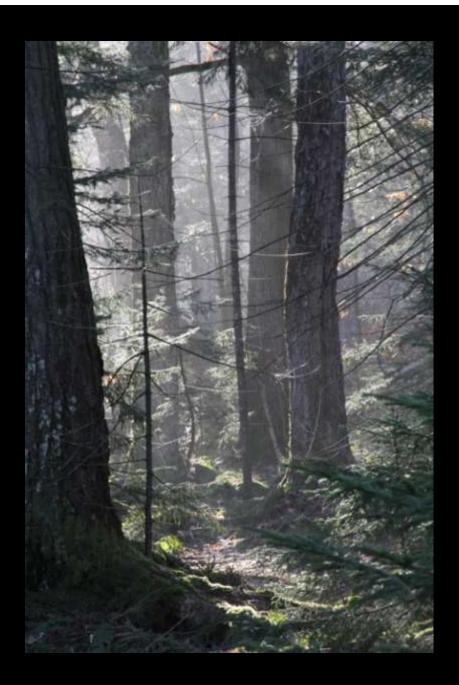
Oh Grandmother tree, your strength and stature inspire me.

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

Your broad truck, 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.



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.



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



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.



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



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.