

... How I feel affects other people!!!



REFRESHING

When we subconsciously surrender our daily existence
to the whim of another,

We may find ourselves questioning and stagnant. . .

We elicit the use of respectful mourning
to justify not getting on with our lives.

We rotate the blame.

And, finally, as we retard our capacity to share and grow,

We rewind our emotions and dare them to resurface. . . .

When we take the time
to keep balance in our lives,

We allow our emotions to enjoy their newfound boundaries. . .

While breathing in the fragrant uncertainty
of reaching the next plateau. . .

We expand the richness
of our ability to bring light into the lives of others.

We focus on the achievement.

And, finally, as we trust our spiritual readiness
to meet the challenge of a new day,

We find ourselves rejuvenated, excited and, even flattered
with our conscious reward of self esteem. . .

When we decide
to be a part of the happiness blessing our lives,
We constantly feel ourselves refreshed. . . .