

How to Change Things

Listen, child, can you hear the quiet beating of your heart?
Listen for the silence of the clouds as they depart.
Find yourself at ease within the midst of all your strife.
And know that you are loved, that there is meaning to your life.

For it is in the struggle that the winning can begin.
And through the pain of heartbreak that true love breaks forth within.
It is in darkness that a light can best be seen,
And it is you, sweet gentle one, who shines forth in its beam.

Picture fields of flowers, grasses, butterflies, and things.
And feel a breeze that gently moves the peace that all this brings.
Quiet thoughts within one's mind has its effect along the way.
Today affects tomorrow, and tomorrow will affect today.

"How so?" you ask. It's simple. It's all within one's mind.
Tomorrow you'll remember, and by looking back you'll find
How it changed the way you feel and its effect upon your plight.
A day that once was seen as "bad" will then be seen as "right".

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