No matter what awakenings, our artistic spirits will endure; will endear hope and harmony; honoring creative energy.

Waltzing through the creative mind, sensing the lilting lyrics of love, the music of life, laughter and lamentations.

A symbol, an idea, innovation, to the artist existence, simplifies, validates and communicates longing in my soul.

ending in peace and contentment.

My heart soars to the top of mountainous challenges; realizing my limits; mellowing to acceptance

Memories, in my body and mind, from ages past, war, famine, human connection, birth, death, ageless celebration.

Acceptance

Guitar improvisation-interpretive poem

Synchronize; harmonize...scaling the walls to the other side; to life; to freedom; to music; to words; to Poetry All....Great Timing! The balance of it all!

Oh my, oh my; long winded and breathless at the same time, countless, this measured breath of mine.

For me is, the reality of oneness; from chaos; to a separate witness experienced.

Once again; the soft song of sweetness secure; in my heart; in my spirit strong...who would ever know; my need; my longings to grow; ever so slowly to the height of awareness.

Dreams of flexibility, in dance and movement; so stretching my limbs; reaching out; enveloping love.

## Woman-child I am.

Yes!! Celebrating; as needed, puffs on the inhaler. This night, so calm and silent; except the lazy hum of the central air; lulling me to a safety zone, that all is well; thankful to be...me; someone's parent; someone's grand parent; someone's lover; someone's friend. I can dream the latter, can't I?

Alls quiet in my mind, a slight wheezing in my chest; reminding me I'm still alive and breathing.

Equilibrium 3

Please recycle to a friend.

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ACCEPTANCE by Louise Giguere © 2011

## **ACCEPTANCE**



Louise Giguere

Flute improvisation-interpretation

## Dreamland

Silent sound calls to the valleys, to the mountains, to the fountains that quench my thirst. The vibration touches my body and soul, a journey, to the earth's center, un-earth's, who I am. The silent voice, I listen, elevates the human existence, connecting all, time, space, sound, light, a balanced attunes the higher realms of creation, dissolving discord and cacophony, with a path to song and dance. The music grounds, reflects, resounds, reverberates, echoes the artist within. Lilting to the sway... Sail away... Sail away. Sailing higher and higher to the clouds, into the silver lining. Anchors away. Awake and aware, brings a new dream, brings a new day, brings a new stream of consciousness.