A Quickening

Mary Louise Peters

gratitude for the path that has been worn familiar
those walking ahead and along side
praise for the wonders that abound
on every side
prayers for the journey
for each of us
for those who have loved and cared for us
for those who are in need
rocks lining the shore,
light, joy, mystery, sorrow
lakeshore prayer beads

Carry Lightness

That which does not make your heart sing
Is burden.
Carrying it bends you earthward.
The wind is not burdened in blowing.
All is carried skyward.
True gift is finding lightness in each endeavor.
True heart is music.

Open the windows.
Be reminded of why you were born.
Hear the song that is vibrating within your soul.

One Red Leaf
Living into the future with plans and dreams
energy spent on 'perhaps' and 'by chance'
Letting go of what might be,
enduring span on, sisters, and by change,
Dreaming into the future with plans and dreams

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