



A Moment Between Breaths by Whitney S

There is a moment, between breaths,
when my heart is full and all is quiet.

It seems that my grasp of all that is,
is nearly within reach.

I get a glimpse of the love
that encompasses my being,
that contains all people in this world.

I see that I am an important part of creation,
as we all are.

Each breath that I take contains Gods' spirit.
How can one soul among the millions
on this earth matter so much?

Each soul is like a seed, sown with loving care,
and with the potential to become a beautiful flower.

Each seed is precious to the gardner, and carries with it
all of his/her love, hopes, and dreams.

It is always supported and loved, but
it is up to the seed to grow strong and healthy.

I only hope to live each day to my greatest potential,
so that my bloom can shine like the sun to inspire others.
With each breath I take, I know down to the core of
my being that I am loved.

I know that there is a source/being in and around me
that guides my steps and walks with me in love.
Every moment of every day, every decision that I make
challenges my being to become a stronger,
better person.