

A Gentle Spirit

A gentle spirit lives within,
And fills me with its grace.
It lives and moves as who I am,
A constant warm embrace.

It harbors no attachment there,
To needs, wants and desire,
But lives complete, a glowing thing,
Unlike a raging fire.

Its constancy, its call to peace,
Its music is a song,
Of love that sing eternally,
Of love that heals all wrong.

This gentle spirit that I am,
Resides in you there, too,
For it is One with who we are,
One love, one life—it's true!

There is no division there,
Our Maker moves as One,
Liken we to sunbeams,
Forthcoming from the sun.

Embrace your gentle spirit
Embrace your others too,
For they are family, have no doubt,
They are One with you.