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Through life...

John F. Rossiter-Thornton

.....*Light a candle of peace within
 And carry it, especially in dark places.*

.....*Feeling tired or alone makes things seem much worse
 So be disciplined, but not harsh, with yourself.*

.....*Be gentle with others, but 'to thine own self be true',
 And when discussing your beliefs, also hear others.*

.....*Spend time with people and things you enjoy,
 But measure yourself against yourself.*

.....*When you work take time to enjoy your success,
 Remember too, chores of work are often put to future use.*

.....*You will find partners come equipped with 'my way,'
 But partnerships must reach for 'our way.'*

.....*Not everyone will understand the value of doing good.
 Just follow your heart's counsel in seeking out those who do.*

.....*Love of impermanent things leads to unhappiness,
 But care, and know, love conquers everything.*

.....*Grow old gracefully and when misfortunes come your way,
 It is good to remember, we did not come here to stay.*

.....*Everything, including you, has its place and happens for a reason,
 Even if you don't understand it.*

..... *Speak with those who have been through The Veil,
 Who don't fear returning to the Ocean of Love.*

.....*Talk in your own way to the Spark of Life within,
 Listen, too, and be at peace with all that happens.*

..... *Don't hold onto the outcome of your efforts,
 It is intent that prepares you for a smooth transition.*

.....*Beauty is everywhere; enjoy it, but what matters most is
 How well you love. And Oh! Service is love in action.*

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ONE

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How is it that you came to reside
So comfortably, so inextricably,
At the very center of me?

You are a man with all the depth
And power of the sea, and yet
The tide swept you in so discretely
That I scarcely noticed the moment
When my breath ceased to be mine alone.

Who do I thank for this greatest of all gifts?
The gentle tug of the moon?
The laughter that lingers, shimmering,
In the air when you are with me?

You have made smooth sand of my sorrows,
Please come closer.
There is a place, a way,
That the wisest among us only whisper about.
A place where flesh is thin as the wind
And two lovers bold enough to embrace
With their earnest eyes open may become
Long as the horizon and wide as the world.

Trace our two voices to their source
And they are simply that ancient, sweet song
All the universe sings as one.

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