

Acknowledgment

When life feels tough and you're feeling sad,
It's time to awaken and instead, be glad
Of all the experiences that made you YOU,
And you'll start to like everything you do!

Every day ~ open up your eyes,
See what happens when you remove the disguise
That covers the truth of all that is good,
And realize there's no ought or could or should!!

See the good in everything.
Soon you'll find yourself on the wing,
Flying high, floating with ease,
Going anywhere that you please!

Acknowledge good people that you encounter.
Become a knower, not a doubter.
More and more good times come to you,
Your life will soon blossom anew!

Be the change you wish to see.
Feel it for all humanity.
Love yourself, your friends, your foes,
Know there's no place you cannot go!