

Thoughts

Some days feel long, some days feel short,
They feel short when I am short of thought.
And although one cannot say one is ever wrong,
When aware of thought, the day feels long.

As days pass by and become weeks and months,
I find I recognize more than once,
That my thoughts create my experience,
They can make me feel - content - or tense!!

My wise friend Libby once said to me,
There's something that's important to see.
Our negative thoughts are simply thought pollution.
Mindful thoughts create contentment and solution.

So, every day, breathe and be thought aware.
Do something you previously would not dare!
Remember we are powerful beyond measure,
It is humanity's finest treasure!!