

## Resilience

The Human Being is unique and so strong,  
In Free Forward Motion we roll along,  
We show creativity, our gifts and our brilliance,  
Inner and outer strength creates amazing resilience.

An incredible vessel, it works well in this reality,  
When we know who we are there is a certain clarity  
That allows us to create direct from the heart,  
And our strength is in unity, not when we are apart.

Things happen to challenge us but we rarely give in,  
It's often our resilience that starts to kick in.  
So that we bounce back and recover, no holding back.  
Will to keep going, pure Human does not lack!

Balance is key for true harmonious life.  
Beyond all argument, separation and strife,  
We create within, and express our true self,  
By bodily condition which shows spiritual health!

Find the balance of mind, body and spirit,  
Love your body, there's a reason you're in it!  
Sing and dance, bounce and play,  
Remember to enjoy EVERY single day!!!