

THE TRUE GIFT OF LIFE

The True Gift of Life is to know that our Spirit:

-Was here before us, forever.

-Lives within us, now.

and

-Will live after us, forever.

**That gift of life, once realized,
Allows the pain of ours or another's passing
To make some sense, and
For our own life to have a continued Blessing.
The searing pain of losing another is to be
embraced and not ran from.
Take measure and comfort in the Spirit.
Like the wind it can not be seen.....
Yet, It can be felt by you.
Yet, It nurtures you.
Yet, It sustains you.
Yet, the Spirit is You!
Be strong in feeling your weakness.
Feel your feelings.
Be full of you.
You is. Spirit is.
That is the True Gift of Life.**

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