

# **In Quiet Containment**

**By K. Brendi Poppel**

In quiet containment I am at peace  
My satisfied soul feels a release  
From the pressure and tension of everyday things  
As I bask in God's glory, my Spirit sings  
And my Spirit dances, delighted to be  
Alive and awakened and ever so free...

Rejoicing in voicing it's silent sound  
The colors of love shine all around me  
Radiating, pulsating energy  
Creating a feeling of ecstasy  
In my body and mind  
Aligned with the Light  
The joy of just being  
brings divine insight  
Into the holy wholeness of creation  
To be part of the universe  
Is my heart's celebration  
Of life ...

*Copyright ©  
All rights reserved by K. Brendi Poppel*