

Let the light shine through

By K. Brendi Poppel

Frustrated, agitated, all my dreams have been deflated,
Devastated, decimated, might as well be dead,
Obliterated from this earth, I'd rest my little head,
On a soft, satin pillow, on a cloud in the sky,
Watching all my troubles go drifting by ...

No more stressing out or guessing about tomorrow,
No more depressing days, good-bye to my sad sorrow.
But suicide is not salvation,
What I need is illumination ...

Better get a new perspective,
Older, wiser, more reflective,
Changing gears, mellowing out,
Forget about the years of doubt,
Forget about the pain and sorrow,
Let the past go, face tomorrow ...

Invigorated, integrated, all the anger's dissipated,
Extricated from the hate that ate at me, I'm liberated!

Amnesty has been declared, the war is over,
Don't be scared, to let love in, to come alive!

To believe in dreams and to arrive
In a world at peace, take your place,
Be released in a state of grace.

For God knows well what's in my heart,
And even when I fall apart,

I come back strong and find a way,
For the Spirit to enter, to be centered and stay,
Connected and directed to a higher goal,
Reborn, resurrected, body and soul.

Elated, rejuvenated, my frustration's gone,
Excited and delighted to me moving on ...

With the Spirit leading, I've succeeded in freeing
The energy blocked up in me, so now I'm seeing differently.

Strange it is ... how easy to
Rearrange a bit and change your view,

See what happens when you let the light shine through!

So I ask you now to allow the Son to shine in your heart today,
And if you ever feel a bit blue or gray,
Realize you're only a heartbeat away ...
From feeling the exuberant energy of joy and peace,
Incubating in the darkness ... waiting to be released.

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