

My Life is a Meditation of Quiet and Peace

By K. Brendi Poppel

My life is a meditation of quiet and peace
The inner healing of my heart will release
From all past pain
I will regain
That little child of boundless energy
Full of life
And forever free
To be exactly who I am ...
just me
just me

My life is relaxation
I bend without breaking
I'm making my way...
No schools can confine me
No rules can define me
My work is my play ...
Made divine by His power,
I am a flower,
Ready to bloom,
Fragrant with the perfume of His anointing
His Spirit is a balm to my soul
The calm that comes over me
I am whole and wholly satisfied to be
just to be ...

My life is a celebration
A joyful awakening
To the spirituality
Surrounding and astounding me ...
The world is filled with wonder I have yet to see
Beyond my mere mortality
Yet I will always be ...

Who I am
Uniquely me
Forever ... a child of divine destiny