

Shine bright...

A birth is such a precious thing
A new star on the planet is what the angels sing
Each one of us in perfection made
But that very memory is the first one to fade

If only you knew how special you are
The things inside you are also found in a star
They are up in the sky, shining so bright
How can we forget that we are that same light?

To mold you and hold you is what they will try
When you feel lost inside, just look up to the sky
Bare feet on the ground, hands touching a tree
Connect to the earth and it could set you free

Remember the days when you were a child
The thoughts running through you were fun, weird and wild
On the occasional day that you're swimming upstream
Sit down, breathe deep, and simply become a light beam

I used to believe everything they would say
I know better now and make the most of each day
I no longer use my two eyes to see
I believe what I feel, and that's all inside of me

By Nadia Sander – The Healing Factory