

## **Love in the Here and Now**

Souls rise to the heavens and  
Our bodies remain in the earth,  
A fading reminder that we were once here.  
We leave impressions of our footsteps  
And they to will fade, but never leave.

Children, parents, family and friends  
Mark permanence of one's existence.  
A corporeal wind spreads throughout time.  
It seeds the future, altering history still not written.

Why is love only found when grief takes hold?  
We love who we love.  
But we don't always show our love in time.  
And suddenly their soul soars out to the heavens.  
Words are left unsaid.

Why? Why hold a grudge, a hurt, or isolate  
From someone in our life, only to realize that now  
They are gone?  
Wait! Come back!  
You took them for granted. You missed out.

Regret abounds after death.  
Should've, would've or could've  
Worsen the grief, deprives of celebration,  
Leaves regret, and missed opportunities.

While still breathing air, life blood pumping,  
Make an effort before it is too late.  
Forgive.  
Find love. Show love. Give love.

Demonstrate appreciation for ones life before that last day.  
Put aside the pettiness, the grudges, and the hurt feelings.  
One chance in this world is all you get,  
Don't let it pass.

Show your love and appreciation in the now,  
Let each of us pass on with lighter baggage in tow,  
Enjoy those you love here and now,  
Make your grief be more of joy.

“Tho' I know I'll never lose affection  
For people and things that went before,  
I know I'll often stop and think about them,  
In my life I love you more.  
In my life I love you more.”

*In My Life* by Lennon/McCartney