

Becoming One

Let go of worries of the past,
For they are gone, their shadows cast.
Embrace the lessons time has shown,
To guide today, where peace is grown.

Don't fret about what's yet to come,
Tomorrow's fears can feel so glum.
But often, they are not as dire,
So, focus on the now; let hope inspire.

Live in harmony with life's gentle flow,
With wisdom gained, let kindness grow.
Perform your duties with a heart so pure,
Without attachment, your future's sure.

Tend to today with gentle care,
As you pave a path that's bright and rare.
With compassion, inner peace, and light,
You'll find a tomorrow where worries take flight.

In doing so, you'll find your way,
To a peaceful tomorrow, come what may.
With faith and hope and love to guide you,
You'll find the One that is inside you.

Dr. LR Sanders