

AWARENESS - Sheila

(On a very hot summers day while sitting on the patio.)

A moment of revelation touched me today
When a gentle breeze came my way
it kissed my skin with a delicate caress
So light, so little, so soft, so less,
With a delicate coolness that felt like a sweet breath to my heated body.

Where did it come from this wonderful breeze and why did it touch me so deeply
Have I been dead to its breath until now
No awareness of this gift which completely took me by surprise.

It seemed such a new experience, a first time moment, a new birth, an opportunity to
explore new worlds

The door of Pandora's box is now open to a wealth of wonderful pearls.

Thank you Lord for this gift of awareness that has come to my soul today
Help me to see with my heart all your magnificent gifts this way.

