

I'm So Happy

"I'm so happy to finally see,
That true LOVE begins with me.
In loving myself, I easily LOVE others,
Having deeper connections with my sisters and brothers.
I feel more alive, expansive and free,
When I'm embracing who I was created to be.
We all go through the ups and downs,
Sometimes we smile and sometimes we frown.
It's all part of the journey here,
And we can choose LOVE or we can choose fear.
When we choose LOVE we will see,
What it's like to be happy and free.
Free to laugh, free to LOVE,
Free to feel good in our body glove.
Free to dance, free to shine,
Free to be generous, loving and kind.
Kind to ourselves and everyone here,
Especially those who are living in fear.
We all have something unique to bring,
It's what makes us dance and sing.
By tuning into our heart and soul,
We feel the radiance of our inner glow.
Connecting to the truth inside,
Enjoying each day on this earthly ride.
You were made to be beautiful you,
No one can do what you can do.
You are special, you're one of a kind,
You are a treasure in Gods mind.
You're a beautiful and radiant light of LOVE
You're a gift sent from heaven above."

-Debra Mittler
Culver City, CA