A heart so full of longing

Until you filled it up

With your crooked smile

Unruly hair

Songs sung out of tune

With beauty and irreverence

Mismatched dinner dishes

With comfort food reigning supreme

Redefining what it means

To be understood

And held in the imperfect light of love

\*\*\*

I understand love she said

How? They looked at her in wonder.

I stopped searching for it and defining it

And instead

Just began to feel it

All around me

To take a bath in a moment of silence

And wake up with a small ray of light across my face

Love is being alive.

\*\*\*

There is a sweetness in silence

When I’m with you

A calm within me

Because you know who I am

My secrets, my sorrows and my joy

The touch of your hand is comfort

When I am weary

Unspoken warmth on the coldest of days

A cool breeze that gives relief

A quiet strength shared without words

\*\*\*

My favorite hello

My lifeline

My sanity in a crazy world

My partner in crime

My greatest gift

My dance partner

My puddle jumper

The Thelma to my Louise

The Hip to my Hop

The Sun to my Shine

The Wag to my Tail

The Cream to my Coffee

The Bacon to my Eggs

The Goodbye that is left unsaid

\*\*\*

The snow fell gently on the road ahead

Filling your footsteps

Just ahead of me

Your turned to look at me then

The winter sky froze you in time

Your quiet breaths hovering between

The first time I saw you

And every new day since

When we look at the possibility

Of what tomorrow may hold

What can we do together?

Adventures in the most ordinary light

Of living, loving and giving of ourselves.

\*\*\*

The summer longed to stay

But had to go

Wisps of light fading away

Across the fields

Where we ran

Hiding and singing in

Nature’s gracious playground

Wrapped its warmth around us

The dog barked as the sun went down

The crickets sang

You took my hand

Our hearts were full

And all we wanted was that summer day

To last forever

\*\*\*

It’s time to stop holding your breath.

Open up to uncertainty.

Close your eyes.

Lean into the fear.

Breathe deeply knowing

That you have everything you need

To be fully alive.

Awake.

Jolted into a new day.

A new way of moving forward.

With love and kindness and joy.

Tingling with the possibility

Of all the hellos yet to be said.

\*\*\*

There is the moment

When we decide how to live our lives

To love ourselves

To love others

To see the magic in the moment

To look no further than the beauty of the rising sun

And to breathe deeply as the sun sinks into the horizon

Now is the time for that moment.

\*\*\*

Don’t forget to dance.

You can start by simply swaying to the breeze

Or humming as you step a little lighter

The step becomes a skip

A skip becomes a joyous leap

And then your heart is alive

And you remember the days

When you danced without music.

Don’t forget to dance.

\*\*\*

The summer rain falls softly on fresh cut grass,

A sound and smell that used to make me melancholy,

Until that day that we danced in the rain,

Soaking wet.

Our laughter louder than the rain beating down,

You made me feel so alive.

Now, when it rains, I think of you and smile,

Comforted by the memory of our laughter,

And the simple joys of having you in my life.