
Memories

They were years to remember,
for they were filled with fun and laughter.
Years of growing together,
discovering and enjoying each other.

Sliding in the pristine winter snow.
Smelling spring flowers, watching our kids grow.
Soaking in sun-filled summer days, admiring our glow.
With the colourful Fall over, we so wish we could forego.

Now at a crossroad where a chapter ends.
It will be difficult to say goodbye to us friends.
Though only the joyful memories of season's past remain,
know that all the love and caring was not in vain.

For there's not a bond stronger
than the love that binds a family together.
A picture of us, frozen in time
for us to keep forever in mind.



Harvest of emotional energy

It was a sunny day in May;
A sight I will never forget.
A tear forming in your eye, rolling down your cheek
as I watched, helplessly.

Though we feel everyday,
sometimes manifesting as tears of joy or sadness.
This moment was unique
and I felt it intensely.

Emotions are too often kept at bay.
These felt raw, pure, with trust and openness.
Their energy reduced to something so simple, yet so mystique.
Like a harvest of pure emotional energy.

