

I thought I heard these words...

A Being of Light shone out of the mist
Suspended between this world and another.
There was no judgement, I felt no fear,
Just awe, and wonder, and why?

“What are you doing?” I was asked,
“I don’t know” I replied, “I’m lost,
As is all of my kind, we are all lost.”
“I know”: said with compassion, “I know”.

Why was I seeing this Being?
Why here, why now?
“We are here to help you, but you forget to ask
And go round in a maelstrom of despair”.

“What can we do when the problems we face are so huge?
When people go hungry, when creatures are dying,
When the rivers dry up, and the trees fail to thrive,
And the insects and birds disappear from this world.

“When the planet herself is in torment and pain
And Mankind he goes on with the pillage and rape;
The animals treated with thoughtless cruel ways
Their eyes big with fear, no love is shown them.”

“How can we undo the wrong that we’ve done?”
An expression of love crossed the Being’s bright face,
“If each of you think what you do ere you do it,
If what you do is done with awareness and love,

The light will grow round you, and connect with the others;
And tho` the turmoil is great, in time it will pass
As the light it grows stronger, overcomes all the dark,
So focus on Light, let the dark thoughts be gone.”

“Easy to say, but so hard to do,” I cried,
“We are only human, with minds so confused,
It’s hard to be hopeful, to trust that we’re held,
To believe in a future without anger or sorrow.”

“You have only the Now”, were the words that I heard,. “Each minute is precious.
Live in the present, take loving care in it,
You will have then made your future,
And the past, it is gone. It is gone...”