

## Loving Myself

When I feel life wants me to give up

When I feel like I'm losing the fight,

I look up to the sky and my surroundings

To find the beauty that shines.

The flowers and trees budding to be free,

Sharing their colors of life.

The energy that they spread

Is like butter on bread.

Giving me the love

To restart my beating heart.

My strength slowly grows

As my love starts to glow.

## Loving Myself

The rainbows shining across the skies

Spreading chakras energy throughout my soul.

Giving me my next breath of ease.

making it easier to love myself.

Seeing the beauty of it all

Leaving me a beating heart to stand tall.

The flash of lightening and crashing thunder

Running along our earth.

Sending energy through the ground

Giving me more strength for another life around.

Making my heart beat even stronger

Sending me more to love about myself.

The open air where the water touches the sky

Washing away the pain and strain of the day.

Giving me the space to be in the here and now.

Making me able to breath, feel and love again.

Which in turn able to give to another,

My lovable self.