

Will You

Will you allow your body
To tell you when it needs rest
Though your head thinks differently
Do not put it to the test.

Will you let others help you
And make your burden light
Realize it's as important
To be still as it is to be doing
And keep this view in sight.

Will you take on board
It's as blessed to receive as to give
And give joy to others
In the way they want to live.

Will you let others love you
Much greater than before
And see it as an opportunity
For the opening of a door.

Will you take time to see
The beauties of nature
The mountains, sun and trees
To enjoy the abandon and wonder of a Breeze
To go where it takes you
And follow where it leads

Will you be willing to accept
The things you cannot change in life
To see that weakness can be strength
Though you might not think so
If you allow it to be
It will help you grow.

Breda Hyland