

Linda Amato



Believable Alternatives

ALL IS WELL! I AM SAFE!

I heard you whisper to me
Open your eyes and see
The beauty of every day
Are in the thoughts and words you say!

The voice within an echo of me
Struggling a lifetime to be free
Encouraging me forward to my dreams
Over and over again to stop the screams!

ALL IS WELL! I AM SAFE!
Has been my mantra for years
ALL IS WELL! I AM SAFE!
Has finally released my fears!

A whisper from deep within saved me
To reveal my greatness and set me free
The soul knows what the body fears
As I no longer shed yesterday's tears!

I can change! I can grow! I can create!
The whisper of my soul filled my mind.
After years of believing I was blind
I did change! I did grow! I did create!

Now I sit in wonder and awe, finally free.
Filled with love for life, even for you and me
My mantra all these years embraced the unknown.
And in doing so, releasing me from having a breakdown!

Positive thoughts and actions showed the way.
The discovery of self that allowed me to have a say
I had trembled for years to find my voice.
Filled with not knowing if I even had a choice!

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The pain, sorrow, and regret inside
Was plain to see, and I could not hide
From the torments of yesterday's exhaustion
I was lifted up by the essence of intention!

Clueless at one time as to who I was to be
I walked forward into a world that nourished me.
Spirituality grabbed me in its arms of light.
It was then my eyes opened wide to true sight.

One must travel forward and forget the past.
It's all about one's lessons learned that should last.
As the essence of spirit fills the soul to expand
Into the universe of life and to all woman and man!

The discovery of self is the importance of sight.
It joins one with the essence of belief in flight.
Once the connection is made, joy nurtures the soul.
There is no turning back as one becomes whole!

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