

Ripples of positivity

Pick your stone representing life's feelings
the rising anticipation grows

Throw the stone with pride along a smooth
pulse ricocheting on the water with love

Skimming the stone across the lakes of emotion to release
adventurous affections

Watch it kiss the surface showing the ripples of positivity as it
glides

Standing courageous looking for your next rock metaphoric and
formed

Concentrate on the beautiful spectacle and the good things in
your life the symbolic crossing

Each journey commuting a different relief pathway of
exculpation

The hop, the hope, the spin the spine, the quest the question

As we bask in those ripples of positivity shadows of goodness
will always be drawn to your kind-hearted soul

When it's dark always seek the light and let truth be your guide
to better days

