

## "Music"

Music will return

I promise so

For you I know.

Here's how it goes:

Days are "born and free"

Sun rises and brings joy.

Night shadows lurk nearby.

Eyes closing no longer awake as I drift off the Cliff of awareness.

As love fills my heart.

I have preconceived notions yet I see only goodness.

God holds me close

Kissing me to sleep-land.

©2023 by Karen Harris

## "Joy-awareness"(Blessings from God)

Joy is a good feeling and joy awareness is Open  
An open sensation of love.

A giving out after a giving in to one's being -  
Beingness to share the joy experienced in a moment.

In several moments.

Joy awareness is pure healing, healthy and often it is colorful  
And musical, rhythmical and fun.

Joy awareness is free of pain and can be free of pain  
In the midst of pain

When one is still or Quiet.

This gives a human being the chance to meditate

On Freedom - what it truly is.. is letting go of  
Bodily constrictions, excess mental thoughts of worry.

Feel what it feels like to be and think of only the spacious, fullness of  
love. The heart knows who you truly are.

Like an eagle flying with its complete wingspan!

© 2023 by Karen Harris