



## The Spirit within

*Walk with me, take my hand*

*I am the silent power within you,*

*I am you and you are me weaved within sky and tree.*

*I hear your prayers, your thoughts, and out of the billions of people in this world we together are unique and together a one and only beautiful you.*

*The voice you hear is your own, I am that higher consciousness within you, "living", a silent power of expression.*

*If you nurture me, that silent sound, my voice will echo onwards through our life like ripples in the water that can touch your mind and carry you, take my hand, and embrace and me.*

*My voice can be our freedom at will, from the chaos within your world, to where we can be still. The true power that will show you only truth, because I taste the essence and the sweet nectar through the power of life that carries you.*

*Through your eyes I see the beauty, let me share with you.*

*I can see each and every moment that time holds no boundary's upon.*





*I can share with you what a moment holds, a sacred space where time stands still, but yet through my eyes you have the time to see and take in the sweetness and can do nothing but fulfil.*

*The innocence that is yours as every moment is new, my prayer, my wish is to love you.*

*As you grow to know me, my presence, your sensitivity grows and there are no bounds from worlds apart, as then it's possible that you are able to feel your loved ones that have gone before you, but through me because you have been spending time with, praying and speaking to me from the heart*

*The love that is shared will stay with us for ever, as together with their love that touches us and nurtures, loves the mind, the soul, we can see these as memories, that we can for ever hold.*

*These through our life, are the jewels of the mind, that we can access and share at any given time.*

*As we come together and become one, life holds no boundaries through the power of love.*

*You see the wonders that are within you that goes beyond any logical word, and life that we are yet to discover and find, and you will feel the peace and gratitude as my love fills your mind.*





*We can take in the wonders of life and the power as it enfolds  
before you and share, and bask within the gratitude and  
fulfilment and growing to be aware.*

*It is a forever enfolding journey where there are the gifts of the  
spirit that will never fail to help you see, all the purity's in life  
because your sharing it with me.*

*The love that goes beyond the physical emotion we can share, you  
hear me now.*

*As time comes around from birth until now, you have begun to  
awaken and listen to the silent sound,*

*As we walk this life together, we, as well as those you love will  
never be apart, as long as you spend time with me, nurture, love,  
speak to me/pray, from your heart.*

*From your spirit within, I love you!*

*Written by Steven Trolland*

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