

Nectar of Life

By Silvia Morgan

To my son, Emmanuel

Nature has timely rhythms,
So does your own life.
When you were inside my womb,
You developed slowly, step by step,
And born not sooner, nor later.
Now, if you don't savor life
Day by day, minute by minute,
You will melt like an ice cream
And disappear if not eaten promptly.

Follow your deepest intuition
And take time to think and relax.
Enjoy life as if you were sucking on
A sweet delicious lollipop.
Look at the blue skies above and
Wet your feet in oceans and rivers.
Smell the nectars of the flowers
When walking on green meadows
And admire luscious, tall trees.

Play the cords of your favorite music,
Sing, dance, laugh, and cry, if you must.
Take time to watch colorful sunsets,
Flying seagulls and birds go by.
Climb high mountains; reach summits,
Touch the earth and the white snow.
Contemplate the moon, the stars,
And respect all nature and life.
But, above all, love and honor God.