

Journey in the Light



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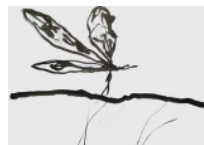
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Front cover
Entering the Light by Paul McQueen (1987)
Media: Oil on Canvas



Untitled 1 by Deb Wilkinson (2009)
Media: Acrylic and Pencil



Forward

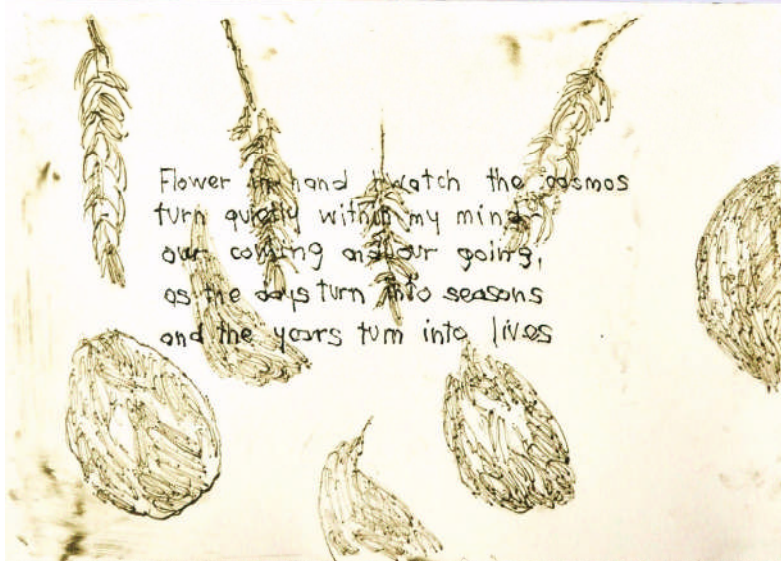
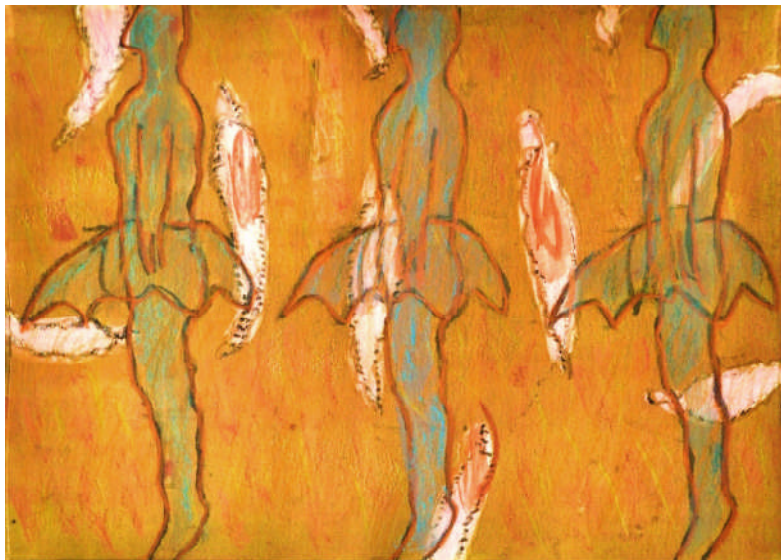
Those that have contributed to these pages have come from a diverse backgrounds. What they all share is a resounding belief in Spirit that shines eternal.

Each verse contains a message, and the power of that can be taken from a single line, or the spiritual essence of all. It takes tremendous courage to bear ones soul in verse and my heart is full of love for those that are now walking their own wondrous path.

The Journey in the Light is a compilation of hope, courage, desire, wisdom and thought. It signifies the power to embrace the spirit world; to listen and trust with the knowledge that with each step we take we are not alone.

As spirit guides we speak as one and always with love. I am proud to read this book and hope you can gain as much inspiration from it as I have.

Love and Light
Michelle Baum



Untitled 2 by Deb Wilkinson

Fill your basket

Flower in the hand watch the Cosmos
Turn quietly with my mind
Our coming & our going
As the days turn into seasons
And the years turn into lives

Fill your basket with stars;
Fill your basket with hope;
Fill your basket with love.

Pamela Minshall

The gift

Each day is a gift from Spirit
Embrace it fully
For that is the joy of living
Nigel Patterson

That's life

Sometimes you'll shine
Sometimes your gloss will decline
Sometimes you'll feel on top
Other times a complete flop
That's life
It has its ups and downs
Smiles and frowns
Miriell Taylor

BE

I am never alone, Always with you
Tending, caring, caressing and sharing
Never shut the door on me
because that will be to close in on yourself
Open instead your heart to the world and you will always BE

Gillian

After a Storm

The forest after a storm is lush and green.
The street after a storm is fresh and clean
The sky after a storm is filled with a rainbow
My heart after a storm may be filled with light or shadow
I choose the light and through the prism of a tear
it becomes a healing rainbow.

Sue Stuart-Dent

Courage

Courage is a funny thing
Lurking behind a crowded mind
Dreaming of things that we could do
To make us stand out of the blue
Do we really want to face the test to be seen to be the best
To be courageous not for me
But lay my life down just for thee
I'm not so sure that it's for me
And I won't know until it's time
To see if I have what it takes
To stand in presence and never mind
That I might have to take the fall
To stand up tall and give my all
Without a thought, without a care
With pure love floating through the air.

Lily de Chalain



Untitled 3 by Deb Wilkinson

Bounce with the Rhythm of Life

Life is like a ball of fun
It rolls with curves of motion
It rolls through the ups and downs of life's highway
Twisting and turning bumping and manoeuvring until
something of force or testing stops it in its tracks
Roll on with life and begin to access the pitfalls
of the road before the gaps are reached.
Roll on happiness and love and curve of ageing gracefully
full of wisdom and bouncing with the energy
that has been inspired by the road travelled.

Bounce with the rhythm of Life.

Jane Woodworth

Make the time

It is now time
To make the time
To contemplate
On your life's journey
Miriell Taylor

Act of kindness

Look around you - take it in
So much sorrow - so much sin.
Banish hatred from this world
fill with love as you grow old
Help your fellow humankind
show the way to heal the mind.
Don't just pass without a word
or act as though you haven't heard.
Every little act of kindness
helps to take away the blindness.
So shine your light on all you see
help make it right for you and me.
Val Hand

Infinity

We are composed of Mind, Body and Spirit
The Mind can let us down
The Body may wear out
But the Spirit exists forever
Barbara McArdle

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