

## From the Goddess

When you stroll in the park you will see me  
When you walk with nature I'll be there  
I'm in the music you love in the rhythm you dance to  
in the beat of your drum.  
I'm in the smile of your child in the eyes of your lover  
in the hug of your friend.  
I'm in the words that you write in the tones of your voice  
in the sound of your song.  
I'm in the food that you prepare in the home that you create  
in the garden that you plant.  
You will feel me in those small and everyday acts those  
ordinary rituals.  
And you will see me in the face of whoever stands before you.  
You need do nothing more than be who you are,  
and know that I am with you – always.

*This poem came through as 'channelled' and was initially  
written with my non-dominant hand.*