LOVE BEGINS WITH ME

When I reach out with a smile, a word or a touch, from the place inside where love dwells, A light shines in the darkest of hours as the spark of a flame ignites.

This flame that flickers like the first light of a candle then steadily grows into a beautiful light, comes from within me and carries the love that is truly where love begins in me.

As I journey through life and I hear people's stories those that are often hidden deep inside, I go within me to hear loves healing and reach out with a smile, a word or a touch.

My actions, my thoughts, my words, are a drop in an ocean of love, yet like a stone that sends ripples in pools love within me grows.

Beyond me the reach of love circles out, my family, friends, and community, can see the love within, and that each of us is connected with everything. The whole of the planet, the whole human race the animals, plants, oceans and earth when we love together we all become one when love begins with me.

A poem by Hilary Canto - TLF Love Ambassador January 19th 2017