

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
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