



Your twin star, your happy sidekick
Sadly taken way too soon
Grieve as long as you must
Then allow the healing to begin
She is dancing in the music between the spheres
Awaiting assignment to her next adventure

At times the words are all we have
When events have overtaken us
When our balance is shattered
When the world makes no sense
Words can offer a tiny light, just a glow
And push the darkness away a little
Create a glimmer of solace, of hope



It is the way of time to pass
It is the way of grief, to fade
Not to forget, but time to forgive
Though it is in your power
To take the second eye
Let the eye remain unpluck'd
Release the souls...theirs and yours
Forbearance, forgiveness, an open heart
Celebrate a short life, well lived

A year has flown and ticked by
The pain, the loss did not abate
It took on a crystalline quality
Shiny, sharp edged and clear

And yet, life goes on...tentatively
You make commitments and create
A new routine, attempt to balance
The need to live with daily reminders

You seek peace and closure
You offer compassion, justice
Forgiveness and yes, freedom
Expanding your heart...and soul