

It is love that fashions us

By Daphne Rose Kingham

It is love that fashions us
into the fullness of our being –
not our looks, not our work,
not our wants, not our achievements,
not our parents, not our status,
not our dreams.

These are all the fodder and the filler,
the navigating fuels of our lives;
but it is love: who we love, how we love,
why we love, and that we love
which ultimately shapes us.

It is love, before all and after all,
in the beginning and in the end,
that creates us.

Today, remembering this,
let yourself acknowledge and remember
the moments, events, and people
who bring you, even momentarily,
into a true experience of love,

And allow the rest,
the inescapable mundanities of life,
like a cloud, to quietly drift away.