



# *Spirit*

*There was never a time when I did not exist,  
nor in the future shall I cease to be,  
for we are forever.*

*We are as small as the atom,  
and as large as can be,  
for we are the creators of all that you see.*

*We made the life that we live today,  
and today we make the life that we live tomorrow,  
you should always help someone else,  
to help them helps you,  
for all life is joined and together we go forwards.*

*We are Spirit,  
we are in every living thing.  
we are on a journey,  
some know the truth and why they are here,  
but the time is not yet right to open the door for all to see.*

*I feel alone,  
for I know what is to come for me,  
the work has just begun.*