

Set Your Sails High

© 2023 Patrice A Federspiel

Set your sails high for skies that are clear
Let your mind wander both far and near.
Let your mind wander, let your mind play,
Who knows what might happen later today.

Set your sails high, exhilaration set free.
Always remember, acceptance is key.
The world opens up when you follow your dreams.
Let the plan change, you'll have the means.

Follow your flow, free from fear.
Let the reins go, let someone else steer.
The rhythms will change you; they always do.
Do the next thing presented to you.

Set your sails high, let your mind roam free.
Scary as hell, stay playful with me.
Feeling adrift, yet oddly on course,
Maybe it's time, put trust in your source.

Set your sails high, filled wide with delight,
Letting them luff b'fore day turns to night.
Make time to rest, to daydream and wander,
It's never a waste, nor time of squander.

Set your sails high, there's nothing to flee.
Trust as you go, there's land after sea.
There are rhythms to life both large and small.
Stay flexible and true, you'll weather the squalls.

You take a breath in, you let a breath out,
Live free from worry, live free from doubt.
Don't hold your breath in, on land or at sea.
Breathe life force deeply, let yourself be.

ALOHA
art of aloha
Art, Energy, & Inspiration
Patrice A Federspiel
www.artofaloha.com

