

JOY: The Journal of Yoga

November 2002, Volume 1, Number 2

The Journey

by Jason Light

You are a being of pure divine light
You shine in the morning, you shine in the night
You radiate this energy throughout all of your life
Touching all those that come into your light
You are and will be a traveller alone
Your journey is great and still yet to unfold
Through time and through space a traveller you'll be
With countless lives waiting and so much to see
The experience you gain throughout all of your lives
Will be listed and written when your spirit entwines
For all that you are and all that you'll be
Is carried inside for all those to see
To access these records of lives then and now
Open your heart to the love and light that surrounds
Have faith in yourself, your abilities and reason
You have come a long way through many a season
You have seen and felt much through these eyes old and new
Experience has been gained but still.....more to do
Your eyes are your windows
They view from your soul

Nothing ever gets past, nothing ever gets old
Time's immaterial to the spirit within
We're born, we die.....but then we begin
Life is eternal to our spiritual sides
Age comes with experience, enjoy the ride
Find peace; find comfort in these words that I write
There's nothing to fear, not even the night
Enjoy your travels, in this life and next
Be at Peace, filled with Love like the words of this text
And maybe one day we'll meet on our travels
Two spirits together, as journey's unravel
You'll know when we meet; you'll know who we are
For your heart will radiate, with brightness of star
Filled with Love you are, filled with Light you'll be
A shining example for all those to see
Hold no fear nor no haste, our meeting will come
When your spirit is ready and your journey is done
Until then my child know this that you are
A being of Light that has travelled afar
Experience you've gained is of great resource
It's the fuel that you need, to return to the source