

The Power Within Me

By Kelly Grayson

I lean back to feel the sunshine on my face
such a beautiful place...
On top of a mountain, i see far and wide
with grass beneath my feet and the wind at my side
Silhouettes of branches overhead in my view
swirling white clouds in a sky so big and blue
There's a stream nearby, i can hear the sound
there are leaves in the current floating around
I wish i could join in with the birds in the sky
they seem so carefree, how they soar, how they fly
My troubles have a way of wearing me down
so much so that my feet are planted firmly on the ground
I imagine my troubles floating away in the air
and leaving this mountain without even a care
To be free of the sadness, anger and pain
to sing with the music and dance in the rain
And then it occurred to me that i have the will
to sing and to dance whenever i feel
I reach up with my hands, close my eyes, feel the breeze
and feel like i am soaring above all the trees
My troubles i send to the edge of the cliff
and the wind takes them away with the breeze, they all lift
I realized i have the ability, like the birds soaring free
the power is within me...