

*ALL IS WELL*

*"Don't you mean all will be well?"  
No. I meant it when I said, "All is well."*

*I can breathe.....all is well.  
I live in America,  
With all her faults...  
All is well.*

*Blessed in many ways  
Family, friends  
My loyal, loving Murphys  
All is well.*

*I behold beauty  
Witness the daily  
Miracles of life.  
All is well.*

*I am loved.  
I am able to give  
And receive love.  
All is well.*

*Am I hiding behind denial?  
Behind a wall of  
"Positive Attitude?"  
Indeed, I am not.*

*I feel my pain.  
I breathe with my pain.  
I honor my pain as my teacher.*

*I am greater for it,  
And deeply grateful.  
All is well.*

*-yvonne roza  
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