

## **The Strength of the Light**

There is no quality of light that I can not see within my heart. There is no form of beauty that I cannot find with my heart. So, I must not be afraid if the light flows free through the mountains and catch the beauty of the light with my mind, because the beauty carries the strength that allows me to go on with this life that I shall lead. I know that if I overlook this I will only find the beauty in certain things. There will not be an absence of light, just the darkness that will follow behind the beauty of what I don't see with my heart.

**\*\*Beauty resides in all things, whether in the grandeur of mountains where it threatens to overwhelm us or in the suffering we ourselves must endure. We taint the world when we do not see the beauty around us.**