

Medication

give it a shot...

www.inSacredSpace.com

DAILY MEDS

Ode to an Alternative...

On the floor or up in a chair
meditation can get you there...

Where is there...you say with a sigh???
Into that space...that place...that peace...deep inside.

Inward and upward your energy will fly!
Into that space, that place, Between your two eyes.
Your heart will open, your nerves will subside.
Your breathe will slow down, you'll no longer feel fried.

Your Body feels Better and so does your soul.
You'll understand why it's a useful goal.

You'll wonder, you'll think...why never Before???
Who care's! *What matters?* Not that anymore!

What matters is now, getting into your practice...
Same time, same space...get in and be active.

With regular practice, you'll be on a run.
Now that's the way to feel part of the One.
One with yourself and one with all others...
Take notice...you'll see, we're all sisters and Brothers.

Find your joy, your own inner peace.
Feel it...share it...It truly is free.

I know if we all spent more time deep inside...
We'd be healthier people with much happier lives'.

So inward and upward everyday toward the Light...
Let's make everyday a Sacred Day & we Bless all our lives!

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