

### Single-Pointed Bliss

Too often, people under the Sun  
find themselves overwhelmed by the undertow  
of dark-sullen memories.  
Yet, fully capable are we  
to expose yesterday's anguish  
as but a weightless mist,  
a fable of self-made conjuring.

When the narrative decides to turn,  
immersed in this vitally-luminous moment,  
the only moment that is,  
the truth of joy opens her enthusiastic eyes.  
What Zest be harnessed in letting go  
of distant, blemished past;  
to absolutely engage in the excitement  
of this once-born day.

That steel may spiral, and bricks lay cold,  
still, what wonder and beauty  
to experience death and life  
in the feather-length moment.  
When peeling away the husk of regret and worry  
Zest-filled fruit revealed in the color-abundant now;  
inviting you and me to take a healthy bite  
and enjoy the rich-potential, the yearning, and meaning of the day.

*Albert R*  
North Carolina

# Thank You

## FOR READING!

Below are some questions to reflect on from this piece. Feel free to also use one as a conversation starter with a fellow reader, or even a loved one on the outside!

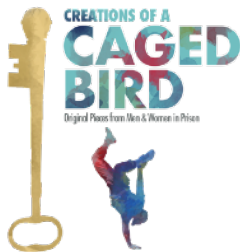
*Do you sometimes find it hard to let go of regrets about the past, worries about the future, or both?*

*What are some ways of letting go of those regrets and worries – even for just a "feather-length moment," in Albert's words – that you might work on developing for yourself?*

We'd love to hear what you thought of the piece, or if you've had any meaningful conversations as a result. Or perhaps you'd like to share an expression of your own (visual art or creative writing). You are always welcome to write to us at Shining Light at P.O. Box 267, Annville, PA 17003.

*\*Note: We will not be able to provide a response to your letter or receipt of your submission, but know that we value your feedback and contributions and will take them seriously.*

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