

Take Time To Do What Makes Your Soul Happy

*Our dearest friend has been released
Back to the source
And rests in peace
Or so we think....*

*She was a busy soul in life
Would barely pause and rest
She will carry on her with her work
And annoy you at her best!*

*A life dedicated to Yoga
She passed on all she knew
An amazing teacher
One of a few*

*She was a worldly woman
With great knowledge and expertise
And stayed true to the teachings
Which flowed through her with such ease*

*She was Teacher, Mother
Granny and friend
A stubborn woman
To the very end*

*She loved her food
Live music, playing cards, sea and sand
And a fortnight ago
Gate crashed a party to see her favourite band*

*She had a condition called FOMO
Termed by her dear son
Fear Of Missing Out
In all of life's fun*

*Her life purpose she said
Was to help others to grow
A purpose fulfilled
And this she did know*

*She had no regrets
Except to leave her dear Son
And Grandchildren with whom
She had lots of fun*

*She never feared death
And much like a child
Said "I may have come to life's end
But am so excited
For what's around the next bend"*

*Life is short
A mere number of breaths
Before the time comes
To approach your own death*

*Never, Never, Never Forget, To take time
To do What Makes Your Soul Happy.*

Hari Om Tat Sat!

*A dedication to Swami Satyaprakash
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