



Sadness in My Soul

One night as I lay sleeping
An angel came to me
She said there's sadness in your soul
And it is time to set it free
I want you to live your life
Without despair for me
As in life the seasons change
The years have been a test
You have grieved with all your heart and soul
Now it is time to take a rest
I see you watch the sunset
You think of me and cry
I want you to smile and laugh
And know that I'm close by
There is nothing more that you can do
Life is *what it is* you see
Please take that sadness in your soul
And let it now go free

Amanda continues to visit in dreams. The message is always the same, "I really am okay".

Lynn Finch, August 2008

