

**Being
a
Happy
Mind**

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Nothing lasts forever –
So, give life a try!

Hello,

I have always been a “book worm” enjoying a lifetime friendship with books. My favourite shop in the world is the bookshop. However, for over a year now, I have formed an intimate relationship with poetry.

Through reading poems every day, I have discovered they have given me the power to help restore and calm my wayward mind, bringing me back to the now. The tangible feeling of poets’ words wrapped around my tongue, as if I am appreciating good food or savouring a fine wine, grounds me in the present moment and it feels liberating.

By reading poetry I discovered, unwittingly at first, I was seeing my everyday life through verse. Films I have seen hundreds of times jumped out at me or watching my beautiful children play at peace in their world of imagination and make believe, enabled me to see life through happier eyes. The more I read, the more I wrote.

This is what this is, a collection of happy thoughts I found as I pottered about in my everyday life, and this is something I believe we should all have more of.

As one happy thought a day, the day is one happier place!

So here they are, enjoy!

Sarah

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One Happy Thought

For Ava, Emily, Alice
My three good things
For Adam
My one happy thought

Constant

The sky is blue.
The grass is green.
The birds sing.
Three good things.

My Coffee Song

Thick. Syrupy. Sweet.

Dark. Strong.

That's how I like it –

My Coffee Song!

I Like ...

I like my morning coffee.

I like my afternoon tea.

I like its warmth and sweetness,

And how I share it with me.

Bed

As my head rests upon its
pillow and I pull the
blanket right up to my chin,
I feel my body unlocking
as its absorbed into the mattress –
I close my eyes and sink in.

Toothbrush Train

Clickety Clickety Clickety Clack

The Toothbrush Train inside of your head

Clickety Clickety Clickety Clack

Used every morning and just before bed.

Clickety Clickety Clickety Clack

Working hard every day and night

Clickety Clickety Clickety Clack

To get your teeth a brilliant bright white.

Clickety Clickety Clickety Clack

Swishing around inside of your mouth

Clickety Clickety Clickety Clack

Remember to say “thank you” as you put it
back on the shelf.