



## **High Spirits**

My spirit was uplifted today  
By another high spirit who had wise words to say  
Compliments to make my day – a happy one.

Not just to boost my ego  
But really to raise my spirits  
I'd forgotten, how good it felt  
It's been that long.

Words can really do such powerful things  
It's more than a bunch of roses and a wedding ring  
Words matter – they reach deeper levels  
They can lead us to great things  
If we let them.

Words are capable of love and hate  
Of War and Peace  
Yes or No can be such a blow  
To receive

Strong sentiments can bring you to tears  
Thinking of our fears  
Can drain our spirit's energy  
Like a dead battery – we need to re-charge ourselves.

Words can mean so much  
And so little  
Without a good spirit talking  
- Words just die.

**By Nicole Moore**