

# **New Beginnings**

**How does the heart forgive  
After being left for dead?  
And the spirit,  
Can it reach new heights  
Once trampled into dust?**

**Like the mythological Phoenix  
Our life force has free choice  
To burn off the past  
Transforming the ashes of negativity  
Into the enlightenment of truth  
Rising up in true empathy  
Of self and others  
To survive and live triumphantly  
In spite of the past  
Our faith renewed  
Each breath embracing  
Endless hope and the heart,  
Bonds of trust  
Both past and future united in  
New beginnings.**

**By Angela Quashie (09/29/04)**