A BRIEF MEDITATION

FOR COUPLES



By C. F. Krysiak

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When you think of the one you love,
what fills your mind?



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Is it longing for their presence,
or the comfort they bring?

Is it admiration,
or gratitude for what they give?

Is it the joy of sharing your life—
your discoveries,
your small triumphs?

Or is it the quiet question
of how you might lighten their load,
or make their day gentler?



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Which thoughts honor them,
and which simply
circle back to you?

Which are born of active love,
and which reflect your truest
intention toward them?



Which would they hope to find in
your heart?

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