



I AM FINE

When I slip away from physical sight, remember my love still lives, don't learn to live without me, just learn to live with my love in a different way.

And if you need me, listen to your heart, even now in this very moment, as truly, my living presence is within these very words. And I am not just memories you know, just ask, ask me to be in your precious moments, because I am there, here “I am fine”.

Do me a favour! love yourself like I do, here I can still care for you. Just speak to me whenever you wish for me to sit with you, or even just imagine, what would I say or do, don't learn to live without me, just treasure me in your own unique way, our way, like you have always done, because I am there, here “I am fine”

Just like the stars are wrapped around the earth, I do the same with you now in this very moment with my living love still blossoming wrapped around and within your world, and just like the stars, that will always and forever shine, I will still shine with you, I am there, here, and I am fine.

You will still miss me, but your hardships will soften through time.

You see, all this is just the nature of life, and just like it is nature for the stars to softly fade into the morning sun, although you can't see me, I am there, here and therefore “I am fine” and I am with you learning, to live with me and my love in this new way.

You are not alone!



Remember, that nature, it cannot lie, so think of all of us here, now, as a part of nature, of life. We are all a part of life weaved within its beauty, I am everywhere, anywhere you wish me to be, but most of all, I am here, “I am fine”

Distance does not matter.

And remembering; that nature cannot lie, and our love, being a big part of it. for me, this is the binding strength that continues to be the thread of life that still weaves our soul, our heart and mind together, and through this thread, and in time your thoughts of separation and hardship will soften, but I’ll help you, and there maybe times you may not know it, but I will gently and softly kiss your mind, and just hug you with my presence to help ease you, where no words are needed, like I have always done, but with thought being a natural and living expression of nature, I can still softly weave my love within yours, so you can still know, I am there, here, I am fine.

The beauty of life is within everyone, and it is STILL within me too, and the expression of life is everywhere, the only difference now is our perception, and how you look for me and find me in your moments now, our moments,

I am in every breath and every heartbeat!

I am there, here,

And remember to love yourself in the way I do, and then, I’ll be FINE!

Written by Steven Trolland

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