

Sleep Sweet Angel

Written by Esther Yasmin , January 2011

Sleep sweet angel sleep.
Let the light go under.
Sleep and rest your head.
Let the thoughts just wander.

I can hear your breath.
I can hear your heart beat.
Let my soothing voice be the guide to their depth
and
you'll feel them slow down.

When you sleep let yourself be one
with the stars that you are.
When you dream let yourself see
the miracles
of your inner world.
The light you are radiates within
and from out
of every part of your skin,
and I love observing this,
when you are
at rest.

Sleep dear light just sleep.
The night will bring its blanket of shadow.
Sleep and rest your heart.
Let the feelings come and go.

You are here with me.
Bathed in the silence of tranquility.
It was with you that I learned how to be
and
now I wish to give this gift to you.

There is another mine when you break away from time.
There is another day when you fade away.
There are miracles that exist
between what is not and what is,
and you'll discover them in your dreams
when you are
at rest.

Sleep sweet angel sleep.
Let the light go under.
Let your presence float.
Float from here to yonder.

I am here with you.
Bathing in the wonders
of the miracles that exist
between what's not and what is,
and
here you'll always be at rest.

I am here with you,
and you are here with me too.
It was with each other that we learnt how to be,
and
here we'll always be at rest.



Painting: 'Sleep Sweet Angel' by Esther Yasmin, oil on canvas