

2024 Adult Winner, Mike Dexter-Smith

“It’s Kindness”

It’s a feeling of joy, without planning.
It’s your life work, without heavy lifting.
It’s your personality resonating, with little celebrating.
It’s a gratitude, a pathway for helping.
It’s honest behavior, that isn’t overpowering.
It’s the core of humanity – the essence of being.
It’s power innate, perceived and glowing.
It’s a pattern of being, without seeing.
It’s taught; too often not, sad parenting.
It’s a lifestyle that is so forgiving.
It’s non-escalation, with two sides agreeing.
It’s retort may be fleeting, but its long term affect, sustaining.
It’s not power, no long-term controlling.
It’s not a goal but its power is commanding.
It’s a life purpose, totally fulfilling.
It’s a wish, without any requiring.
It’s respect and I care, without conditioning.
It’s pure intentions with no misunderstandings.
It’s simple and uncompromising.
It’s not an end or a beginning.
It’s within you, a way of life or nothing.
It’s ignored by so many – they are losing.
It’s an action that is, perhaps, dying.
It’s a skill to be learned, by trying.
It’s to be embraced by every being.
It’s our life’s book ending.
It’s pure
It’s simple

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