

*Richard C. Bower*

**Sunshine Smiles Upon My Face**

I close my eyes  
Sweet dreams arise  
I listen to the birds  
Listening to every musical verse  
And in the music and dance  
That bursts with complexity and delight  
I open my eyes  
I see vivid colours, in leaves and in flowers  
Amid patterns rejoicing in the garden  
And, like an enchanting carpet beneath my feet  
The ground becomes alive  
Connecting me with the earth, and with the trees  
My body becomes one  
With the sky and the surroundings  
It's motion, it's energy  
Falls behind in memory -  
And looking up  
I see the stars  
Red, blue, and green  
Iridescent colours passing across  
Like living jewellery  
Luminous inwardly  
Breathing and flowing with the same life that's in me  
As all is aligned  
Evoking a sense of beauty  
Like the teeth of a beautiful woman  
As she smiles  
Transposing exuberance  
As everything comes alive  
Within this moment

**Richard C. Bower** is the international selling author of both 'POSTMODERN' and the newly released 'Sanctuary'. Recognised by UNESCO Nottingham City of Literature and Nottinghamshire County Council as one of the area's most prominent writers. Collaborated on work with BBC Radio, Mansfield Town F.C. and OCD UK amongst others. Described as "Byron, Bukowski and Kerouac" all rolled into one.