

The Frogs and the Lotus Flower
By Nitza M. Hernandez Lopez

Here we are emerging from the pond
with the lotus flower grown from deep mud.
We know it's a hard time to celebrate spring
along with the presence of Covid-19.

Do not be worried, do not be sad
it's a time of change, the pain will pass,
for a while we were away from the sun
now flowers are blooming to give you support.

We're bringing renewal, rebirth, and hope
hope springs eternal from far and beyond
along with the sickness and life mystery
people will feel emotional release.

The feminine energy of Earth will expand
the magic of nature with science behind.
That is what the lotus taught us when we sing
while staring at the moon, the rain and the wind.

We'll lead transformation as spirit guides
like the lotus, humans are searching the light.
Can you feel the changes deep in the minds?
People of all countries, colors and creeds
searching in their souls, understanding new things.

Look at the lotus beautifully transformed
a mysterious flower that overcomes the worst,
undeterred by murky river waters
humans can evolve, be enlightened and free.

Demise and transformation are moving along
what if the pandemic is the medicine?
The consciousness of many will evolve
the cycle of death, life and rebirth will hold on.

In the midst of chaos we will be with you
the worst will evolve and will transcend
like the lotus flower humanity will re-bloom
from the deepest mud and the darkest times.

Don't be afraid, we'll hold you tight
let your heart bloom open and celebrate spring

blossom means your name since you were born
look how old and wise you have become.

Leave your heart open and cherish life
just like spring is blooming throughout this time
make beauty with colors, words and dance
a new Earth is ascending towards the light.