

Affection

by Art Sweet

Love is a feeling, more precious than gold
Something we long for, someone to hold.
It's a treasure we earn, it's not bought in a store.
You will know when you have it, you're longing for more.

Yes, love's an emotion, a feeling of bliss,
But you must keep it nurtured with a hug and a kiss.
You have to protect it if you want it to last
If you take it for granted it will fade in the past.

You will find it's addiction not easy to break
And some of the hurts are not easy to take.
It's full of emotions, some good and some bad,
One time we are happy, another quite sad.

No one is immune to the troubles of life
With each passing year there's a little more strife.
If we could just bolster our love in some way
Just find time to say, "I love you" each day.

It would strengthen the bond that holds us together,
Help us to get through the stormier weather.
But it's something that has to be fed from the start
It can't be explained, it just comes from the heart.

It's a lifetime of memories, stored in our mind
We cling to the good, leave the sad ones behind.
It's a storehouse we go to when life seems unkind
Where each room we enter brings something to mind.

We dwell on those memories, when we're in a slump
The one's filled with love get us over the hump.
If you haven't stored plenty in your younger years,
What can you draw on when twilight draws near?

If your love is strong you must never abuse it,
It will last for a lifetime if you don't misuse it.
Be a little more thoughtful in difficult times
So the steep hills in life will be easier climbs.

Art Sweet, pulmonary patient

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