

Rainbow Sky

Rainbow Sky

flash fiction writings

Richard Ashton

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... family, friends, love ...

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Woof

I enjoy swimming, sniffing, running and playing.

You can always count on me
to eagerly participate in a game of fetch.

When you arrive home
I like to be the first one to greet you at the door.
My favourite activity is going on long walks.

I always have my coat on
ready to go.

I will protect you if I sense danger,
especially from people who make me feel uneasy.

I might run back to you for help though
if I encounter a bear or a cougar
on one of our outings.

If you feel sad, hurt or tired,
I will sit with you.

Maybe you will scratch my belly.
I like that.

I'm always happy to see you.
I'm glad we live together in the same pack.

Spirit Dancer

When the music plays
the sound travels
to fill the air.

A musical stairway entices
the dancer's spirit to climb.

As the music inspires,
the spirit dancer dances
ten, fifteen, twenty feet above the crowd.
Effortlessly.
Magically.

The music sustains the freedom.
The dancer and the music are one.

Rejoice

Rejoice for me on the day of my departure
for i have been given the opportunity
to shed my physical body
and all that is no longer needed.
To transition into a realm
where others before me,
welcome me,
guide me
and teach me of this new found place with
its characteristics, laws and beauty.
Rejoice for me upon this day
for where i travel
is magnificent in its splendour.
Grieve for what is but
know that i am well.

Stimulus Response

Internal stimulus,
external stimulus,
both encouraging
a response.

The more we can
create and manage
the gap between
stimulus and response
the more we can
influence our responses.

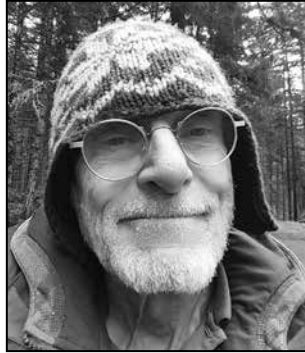
Manage the Silence

There may be times
between stimulus
and response
when silence
will pressure you
to speak,
or to act.

If you can
manage this silence
by not giving in
to the internal struggle
to fill the void
you will not
be forced
into speaking,
or acting,
out of anxiety.

Try to manage the silence
as opposed to
having the silence
manage you.

About the Author



Richard Ashton is a Greater Victoria Public Library featured author for his publication “Otter ViewPoint” © 2019.

Children’s entertainer, husband, father, grandfather, labrador retriever companion and executive director roles have shaped Richard’s writings as has a compelling desire to connect with and be led by the Spirit.

This book is an invitation to get closer to the Spirit within you.



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Thank you to my editors.