

# And Now

And Now My Mind is Screaming , But Nowhere can I go.  
The rest of My World Is Sleeping, can I tell you what I know.  
The Doctors In my life Have nearly killed me for sure,  
But now no more Silly Pills No longer to endure.

\*\*\*\*\*

I want to know who I am and the again maybe not,  
The Gift I have is not of me But from a Celestial Lot.  
The Truth of Youth In Bright Pursuit, Then Happy and maybe free !  
But now its gone I.m only one and Millions just like me.

\*\*\*\*\*

I will set them free And Then Agree a fee one euro is all I need,  
No Consultant Fee of 250 Thats just Commercial greed.  
I,ll sow the seed and help the need, Fitness Is what you Crave !  
But No Denial Now I,ll Show you How... Before you end up in the Grave !

\*\*\*\*\*

Your Energy Gone But you belong to a a different kind of Life !  
Run With Friends Make Amends and Bring along your Wife.  
Your Trouble Is Gone And You're Just One Of the New Found Healthy  
And Once More To Settle The Score, I said I would set You Free !

\*\*\*\*\*

What is Life ? A Gift of God and Now the final test !  
Did You Run That Run Did You Have Some Fun , Funny George Should Ask ?  
Swim To Swim Join A Gym, Be Happy wherever you are,  
And When your Life Is Gone Be The One.... Be a Shining Star !

\*\*\*\*\*

George " Nollaig " Finn  
JAN 2007 ( C )"

[george@georgenoelfinn.ie](mailto:george@georgenoelfinn.ie)