



# **SPEAK OUT**

**A Newsletter For and By PLWHA**



## **I am the Highest Mountain**

Searching within my human spirit believing I am the highest mountain  
With torrents of rushing rivers and cascading fountain  
To be that someone, stronger and braver to be the one soul, that is my destiny  
Breaking the iron shackles of rejection cutting the restraints of addiction  
To be the spirit that will set me free  
I know bounties of goodness and a loving heart abides in me  
These are the precious gifts that shall set me free  
I cannot undo the mistakes of the past  
Like a steady ship on course I hold firm to the mast  
For though I sailed on troubled water  
What is done is long gone, it does not matter  
My existence is stronger my stamina is braver  
I am who I am, I shall not fall adversary and enemy all around  
With confidence, I will ever be proud and tall  
Defilers and betrayers, agents of scorn knowing no fear, it is just a word  
But in me lives a new vision I will be heard  
My heart is alive with goodness fear in me lives no longer  
Like the highest mountain I am stronger  
As I embark on a journey on a troubled road  
Forsaking my errors that burden my load  
I am a new me I shall be free this is my path, my destiny  
I am renewed and refreshed I am stronger  
The worries of long ago exists no longer  
For I am free, I am a new me  
Yes I am the highest mountain

By Fred Lush December 14, 2015  
Dedicated and inspired to Steve Tingley

**EMPOWER**