

I Am

I am an awareness, a force a consciousness.

This consciousness which I am,
In the earthly state of existence,
Perceives the world through my body,
In which I live.

My body is my sensor, my instrument,
Through which I interact with the world.

By interacting, I seek to form the forces of
Love, harmony, and freedom
In a local field about my body.

As I do, as I am,
I feel, think, act, move, turn, grope, and toss
In the endless domains in which my force field is present.

Sometimes I encounter the presence of beautiful creative forces.
At other times I encounter
The presence of overpowering destructive forces.

Sometimes a wave comes along and I must make a choice:
Whether to ride and enjoy it
Or remain rigid where I am and fight it.

Such waves are evil and tend to bind things in their places.
To keep free, I keep cool and ride the wave as it passes through,
Hardly letting it influence me.

For the more I react to it,
The more influence and power it has over me.
Sometimes, I myself, in a confused state will release energy and
Form waves which affect me as well as others.

What all these forces and waves ultimately mean, I do not know.
What is certain is that:

I am an awareness, a force, a consciousness.
This consciousness which I am,
Experiencing my earthly state of existence,
Perceives the world through my body,
In which I am.