

All of This- Claudia Cummins

For at least a few moments of each day, may you
Let your story, your gripes, and worries and
Melodramas melt away completely. May you rest
Back and breathe, relinquishing your tight hold on
Who you think you are.

Is it possible that you are just a simple creature,
Moving and watching and shining and breathing?
Just a little bubble of life floating through the cosmos?
One small shining fragment of this great play of life?
The answer is clear. You are all of this and more.