

## AN AWAKEN SPIRIT

By La Lin Achim 18.21

We are here  
emerged in this wonderment  
we call-self  
the ecstasy  
of true-self  
is the feeling of doing  
to have meaning  
to be full of purpose  
to be connected

YOU KNOW  
you all know the feeling  
we struggle the limits  
of our very being  
in surviving the night  
to greet the day

And in the wake  
of our sadness  
there is happiness  
then it begins  
all over again

Inside and Outside there  
is violence  
we must resist things hateful  
knowing in our hearts  
things hateful-hate

We speak and listen  
to feel what we feel  
to do what we do  
then wonder the good  
of it all

To just speak more freely  
to feel good  
to ~~only~~ know  
that this moment  
is true  
to be true to self  
unashamedly so

No sanctuary  
no shelter  
to comfort and caress  
the soul of  
a weary traveler  
My-Breathe-To-Catch