

Awareness

Across the landscape, I stand and stare,
And feel what it's like to be aware.
Aware of everything inside and out.
And I understand what life is about.

I stay aware of what I think,
I'm aware of what I eat and drink.
I'm aware of my feelings, large and small.
I'm aware when I falter, and when I stand tall.

When I'm aware, I am free.
That's when I'm the I AM me!
I flow through life with wondrous ease,
Doing anything that I please!