

Being Aware

Being Aware is a powerful thing.
Finding spiritual questions to be asking,
Absorbing spirit's answers, finding moments to stare,
That's all we need to be alive and aware!

Feeling within, knowing where to focus,
Recognizing no need for drama or fuss!
Living each moment with joy and much mirth,
These are the ways to **live** life on this Earth!

One's awareness is vital, but one must not dwell
On negative happenings, then soon one can tell
Which actions and doings *can* help the all.
That's when we move forward, and never fall.

So, remember awareness is good for one's health,
It's actually a version of spiritual wealth!
Be aware and all loving, soon all drama goes,
The spirit is the part, that simply knows!