**Remembering/forgetting/re-member**

By Seja Snow (joyisus3@gmail.com)

Remembering,

Forgetting

Remembering

Forgetting…

This yo-yoing!

Two years,

One year,

Two months,

Few weeks,

To Remember?

How long will it stay this time?

Mind is a glorious thing

Full of the universe

and many things to hold.

Remembering - I AM all that!

So, when un-satisfaction shows up

Recall, it is a member of the whole.

Serve it a cup of awareness,

Let it stay,

Remembering,

“Re-member”,

Make it part of the whole

Stay together

Remember.

We are All That.

Remembering.