

On two plains

Dr. Ani Kalayjian ©

I'm inside, on my bed contemplating,
Caressing my bear body,
Totally present, totally being in the moment;
nothing to do; nothing to have; nothing to explain, & nothing to own!

I am in the moment watching you,
While you are outside,
Searching for your place, the next "aha" moment
of self-discovery; ripping the layers of worry, fear, and anxiety!

Here is my hand, reach out, yes now,
you can touch me intentionally,
by merging the two worlds of division,
embracing the magic within us!