

In the quietness of my mind I contemplated all that I am now
And wondered aloud at all the happenings of my life
I asked myself, did I create all these,
And only silence echoed in my ear and in my heart

I raised my voice high and blurted out - who am I,
The role in the drama I was in, once again only silence greeted me
In my frustration I jumped up and looked around
Out came a butterfly which flapped its wings and danced around me

I stood in silence gazing at this marvel
Then the wind whispered gently - look around for there is life all around
I saw the swaying of the leaves and I heard the singing of the birds
The gentle sounds of the water and I asked..... Am I part of this

The wind whispered - you are it and all else in your life are You and is You
My mind stretched to grasp its meaning and in this stretching,
The walls of my heart gently opened and I understood me,
I realized me, and then I remembered me, for I was Home always in my magnificent
creation

I wept in glory of who I was for I was expressing the CREATOR with in me.