

To Remind Myself that I'm Alive

by Scott Grimando

To Remind Myself that I'm Alive

I Run Down To The Shore

and Slam My Face Into a Wave

And I Struggle Against The Sea

Challenging the Tides

Knowing That I Cannot Win

Aware That I'm Not In Control

Of the Wages of Sin

It Seems The World Adrift

Throws Wave After Wave at Us

And Still We Swim On Because

The Struggle Is In Itself - a Gift

And We Can Embrace the Gift

Or Take It For Granted

To Live In Mindful Awareness

Or Drown In Blissful Abandon

To Remind Myself That I Must Live

I Grasp For The Next Rock

On The Side of a Mountain

As Debris Slips From Under My Feet

Climbing Against The Weight of he World

Reminding Me That Life is Brittle

And the Tighter We Hold It

The Faster It Will Crumble

Because Nature Demands Respect

Not Just The Pandemics

And The Hurricanes

The Earthquakes or Tornados

The Very Tide of Life is Chaos

And It's For Us To

Discerns its Meaning

And Decide the Challenge Before Us

To Create a Small Sort of Order

That Expresses Itself

Through The Fire of Compassion

Until The Universe Itself Has a New Direction

Diametrically Opposed

To It's Own Nature, Our Love

Its As Real as We Make It

But We... We Must Embrace It.

My Friends We Must Conspire

To Mold the World to Our Desire

Remembering the Fragile Balance

Within Who's Arms ... We Must Expire