



...may 22, 2018...

**am i sober? am i drunk?  
both and neither – all and not –  
am i good or am i bad?  
questions i can barely claim  
since i am all – experiencing  
these aspects of my inner being  
until i gradually realize  
that i am multiple in selves –**

**it is not what i've said or done  
or whom i forgot to be –  
it is that i am deep inside  
this sunshine room with all between  
and everything that i perceive  
recreates my memories  
knowing that all memories  
are grown backwards as I breathe –**

**from here to there and up above  
i am a multiple of cells  
weaving all memories to bless  
this wondrous day – that is myself.**