

Embrace Me Whole

Not fear of death
but of dying.

Not fear of dying
but not having lived.

Not fear of suffering
but suffering for no true cause.

Not fear of the shortness of life
but of its smallness.

Not “How long?” or “How much?”
but “For what?”

Not the treasures of coins accumulated
but the manner wealth is distributed.

Not the number of days
but the quality of the hours.

Not the final hours of my life
but the entire life.

Not to focus on “what was”
but on “what is” or “what can be” ...
The vision that unites was, is and will be.

Hayah, hoveh, yihyeh
Was — is — will be
Not segmented tenses
but interdependence of
memory, experience and anticipation.

If to love is to be vulnerable to pain —
Why love?
If to love is to risk brokenness —
Why love?
Better a life of love with pain
Than a painless life without love.

