

Moments Recorded in Words

A Mind Wandering by Lisa Hering

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Anger. Forgiveness. Friendship. Emotions. The human spirit. Life on Earth. Why? Tragedy. Perseverance. Struggle. Love. Bonding. Brotherhood Sisterhood. Connection. Touch. Need. Want. Desire. Continuation. Striving. Reaching. Melody. Song. Strings vibrating. Sound. Piercing. Entering the heart. Filling the heart. How to forgive?

How. Small steps. Accumulate. Understanding. Compassion. Empathy. Humanness. Hurt. Pain. Sharing. Balancing. Trust. Equality. Fragile. Open. Vulnerable. Scary. Run. Hide. Where do humans really come from? And where do they go? Home. What is home? Where is home? Home before, home during, and home ever after. Peace. Trying. Solving. Being. Escaping. Running. Breaking away. From what? To what? How? Why?

The music. Calms my heart. Calms my mind. The notes. Wailing. Humming. Playing the keyboard. Black white black white. Day night day night. Around and around. Well oiled. Low maintenance. Long lasting. Wise. Survivor. Rotate. Orbit. Spin. Two girls playing. Round and round. Holding hands. Laughing. Where is she now? Teardrops. Time passing. Gone. Is there a replay? What's next? Will we all find out? Will some be left out? Will some never know?

Sleepy. Tomorrow. Wonder. Light. See. Gaze. Morning. Again. Try. Try again. Do. Doing. Catching up. Hurry. Daylight. Sun passing. Sun seeing. Sun giving. Sun leaving. Worry. Rushing. Working late. Time. Tired. Sick. Not functioning. Off balance. Hurt. Weak. Dizzy. Sleep. Dream.

Hand reaching. Handshake. Hand helping. Hand. Hand of whom? No one there. Faceless. Giver. Waving. Floating away. Will you return? Who? What? Why? Unanswered questions. The answer is plain. Just think. Just wander. Just let your mind wander. All questions will be answered. The great master gives. Gives all. Knows all. Understands all. It isn't so much. It's quite simple. It's so easy. It's time. The giver of knowledge. What is greater than knowledge? Knowledge erases fear. Fear is of the unknown. Listen. Look. Observe. See. Take in. Sense. Know. Time is all we really have. Use it. It's yours. Forever. It's yours now. You can have as much as you want. It's free. And it's for everyone. Free for all. Just sit. Sit and stay. Be. Watch. Care. Don't care. Everything is OK. Everything is perfect, no matter what it is. There is no right, no wrong. We are all angels. We are all given the impossible task. Love unselfishly and survive on Earth. They are not both possible. One will win over the other. That is what makes us human. Some day we will no longer be human. Some day in the past we were not human. We will go back to what we were. Dying is easy. Living is hard to do. Living is the impossible dream. But it isn't impossible because we exist. It's real. Or is it? Is real just a dream? Will we wake up? Are we asleep? Tired. Close your eyes. Fall. Orbit. Rotate. Whirl. Let go. Don't try. Allow. Water will find the way. Follow water. Water knows. Water gives life. Water flows. Touch water. Water is transparent. No secrets. Splashing water. Clean water. Cool water. Fun water. Loving water. Salt water. Earth water. Life water. Sea water. Living water. Floats. Rising to the top. Water will take us where we want to go. Water can find it. How? Because we don't know where we are going. We are on a ship called Earth, going nowhere very fast. Why? Nowhere is a lesson. Earth can do well on its own. It doesn't have to go anywhere. We don't have to go anywhere. We can sit down right where we are and do nothing. Don't you see? Nothing matters. And that's a good thing. You don't have to conform. You don't have to be political. You don't have to win. You don't have to be what they want you to be. There is nothing you can't do that is important to you. I can do it. I can do anything. I can do what I want. What do I want? I don't know. But water and wind and sky and mountain can guide me. Guide me to nowhere. Because nowhere is everywhere. And everywhere is somewhere. And somewhere could be anywhere. Somewhere is right here. I am somewhere. I am someone. I don't need motivation. Motivation is wasteful of energy. Precious energy. Conserve. Be like the sun and the moon and the stars. They live long. They are in no hurry. Their pace is steady. They have learned. They have knowledge. They have listened. They understand. Slowly. Slow down.

We are all planets in a microcosm. We live in our own world. Our bodies are our worlds. We are limited. The universe is not. Someday we will no longer be limited. We will be free to expand endlessly. We will be off the Earth's grid and onto the Grid of Love.

The door says "Open", "Welcome", "Enter". So you just do it, as the doctor says. What does the doctor say? Relax. Be. It's OK. What does mom say? Relax. Be. It's OK. What does dad say? Relax. Be. It's OK. They must be right. They know best. Always have. Always will.

If she likes you, it doesn't matter. If she doesn't like you, it doesn't matter. It's all good. It's all fine. It's all the same. Like. Dislike. They go together. They go hand in hand. Positive. Negative. They need each other. They shake hands. Join. Bond. Opposites. It just doesn't matter. The solution of the day. It's always the same answer. It doesn't matter. We have so much. We have everything. We have our minds. And our minds are endless. Our minds can do anything. Pain. Hurt. Don't let it bother you. Nothing matters. Nothing needs to be the same. Nothing needs to be changed. Recycle. Upcycle. Don't cycle. Do cycle. But most of all, cycle. Go round. Orbit. Swing. What happens when you close your eyes and swing? Magic. You defy gravity. You go up when gravity says go down. You gain momentum when you go down. You gather energy. You break away from the ground. You pass the speed of sound. You break the sound barrier. You go far away. You come back. There is nowhere to go but around. Where can you go? What is out there? Everything and nothing. It's all the same. Positive and negative. Whirlwinds. Life is whirlwinds. Like swinging. We mimic the universe. The universe is in our heads. The universe is just like our heads. Energy sparking. Neurons moving. Communication. Starting over. A sea of electrons. Jumping. Passing. Speeding. Just being. Doing what they do best. Doing only what they can. Being electrons. Like a firefly at night. You can catch them and put them in a jar. But there is the same number in the jar as outside the jar. It's silly to try and trap an electron, or a firefly. It is senseless. You can see them all around. Energy in. Energy out. A transformation right in front of us. A lesson we can learn. Life is a transformation of energy from death. And death is a transformation of energy from life. One to the other

and back again. If that repeats, then everything repeats. We don't need to wait. We know the answer. The answer is yes. Possible. Possibilities. Even probable. Sometimes not probable.

Logic. We were born with logic from our ancestors. Logic has kept us alive. Logic is survival. Logic is putting things we know together to understand the outcome. It is so for almost all life. We can't live without logic. We can't live without expectations. We must expect the sun will rise tomorrow or we will forever be reinventing the wheel. We have no choice. We must expect. We can do no other. It's instinct. Everything that happens can only be that, exactly what happened. It's the only answer that fits the space. Nothing else could have happened. We have learned. That is what we do. All humans learn. And we gain experience. And experience is knowledge. And knowledge is understanding and loss of fear. And loss of fear is love. And love is peace. And peace is everything. And everything is nothing. And nothing is anything. And anything is something. Because everything is all the same. Everything repeats. All the time. Always and forever. Anytime and every time. You can't stop repetition. It is unstoppable. History repeats. It will repeat. Birth. Babies. Youths. Adults. Elderly. Death. Birth. Round and round it goes. For always in the past and in the future. Don't try to stop it. It is the way of the universe. You can't make it better. It is already perfect. Perfected over all of time. We will conform. We fight but it is useless. Time will bring us to our knees. Then it will heal. Then it will repeat. It is the way. We don't know when. Timing. Planning. Projecting. Figuring. Analyzing.

Just doesn't matter. It's all in good time. The goal is just being. Hear the music in your head. See the view when your eyes are closed. They are yours to keep. They are you. You are them. You are what you see and hear in your mind. That is you. Your mind is you. Our bodies are who we are to others. But our minds are who we are to us. Why all the melodrama? It's so simple. But we can't see it. We are looking for something far too complicated. We want to study it, dice it, slice it, put it under a microscope, see it in an observatory through a great lens, count it, organize it, store it, move it, test it, control it.

No no no no no. Don't even touch it. Just let it be. You have no need to change its course. It's on its way south for the winter. Let it pass by. Allow it. But I know, on Earth, those moments are only too rare. We will ruin it in order to control it. And still, we will never be in control. So relax. You can't do anything about it in the long run.