



To Be Me

What does it mean?

A question so complex.

There are five me's, all relevant. The
soul, the All Knowing,

the conduit to God, Source, eternity. The
spirit, the essence of soul, bridging the
physical and eternal.

The physical, made of atoms,

obeying Creation's laws of frequency and light.

The mental, conscious thought applied, learning to
navigate free will.

The emotional, or rather the ability

to interpret sensations, self-generated or exterior. Together
the five me's make a whole,

equipped for the daunting task of 'reality.' Reality,
the convergence of time and gravity, the animation
of life in such brief seconds.

Beyond this miracle of life is The Call to truly live it. I
learn, I speak, I share, I believe, I know, I feel, I do.
Bursting from my shackles of this reality so confined,

I turn inwards and reflect upon thought, emotion, pondering. Here
my intuition is freely given the credence it deserves.

My mind then becomes the dutiful servant of spirit, liberated
through the recognized beauty of truth.

Then I become my own making as I honour inspiration with action. I
walk proudly in my own skin, I accept not blending in.

Instead, I "comfort the disturbed and disturb the comfortable." [1]
Conformity, inequality, or abuse of authority have no place here, my
conditioning now overcome.

I speak my mind bravely, rejection no longer scares me,

I am no longer broken, feel alone or excluded on this plane. I
walk uprightly towards my aspirations,

yet still free to change my mind.



My relationship to God, The Source, The Way, has
been mine, now is mine and mine alone.

I choose to be childish at heart,
to keep laughter and play alive in every day. I
choose to learn from trauma and pain,
as guides to The Way, so priceless and exalting.

I feel contentment and peace as I let go of all identity,
simply being who I am, knowing change is inevitable.

I have only one purpose, to know myself and let the ripples spread.
This is my gift to me and the flow of life,

I AM ever evolving and that is what it is to be me.

[1] “*The Wayseer Manifesto*” YouTube video created by Garret John.

Bionote:



Christina Wilson is an outstanding poet and perceptive critic whose extraordinary humility keeps her from seeking the limelight. An insightful and nuanced reviewer, she is also a unique spiritual healer and freelancer. She has a passion for Constitutional law and justice and is one of the most important members of the advisory board of *Afflatus Creations*, an international journal, where she plays a dynamic role. She is currently based in Edmonton, Canada.