**Be and Am**

*October 7, 2012*

Ah that triumph of what I have done.

Seen Known Learned and been.

Might serve perchance to salve a bit the anguish woe and sad regret of One.

As I who contemplates with private voice and eye all tragic moments when

The step un taken nere lead to that what lay beyond.

Nor knew Promise of what was to be.

Hand withheld nere saw the gift of life.

Slings and Arrows so cast to

Self of such a Wretch as Me. Chilled. Killed.

The Flower within with rain and

pain of Inner Strife.

Ah but I should have done the Deed and Known the Path.

What did beckon to my Soul and whisper to my Heart.

Pay no Heed to Fellow Mans Ire Scorn Harsh Lash of Laugh.

But rather harken to Touch of My

Beings Quiet Sure and Gentle Art.

Do what I know. What One should.

Care for that what is Real and True.

Alligance for May Can Would Could.

Live all that the I of I doth call.

Do all that I can do.

Live all that the I of I doth call.

Fear not the Empty Arms nor Cold Eyes and

Words of Fellow Man.

Do all that I can do.

Care not for blows of No.

Need be Bear Defeat and take the Fall, Rise again. Rejoice.

At all I have ventured given faced and known.

All my Existence has bestowed.

All I am.

All I can be and am.