

I AM

I was regretting the past
And fearing the future...
"My name is I Am." He paused.
I waited. He continued.

"When you live in the past,
with its mistakes and regrets
it is hard. I am not there.
My name is not I Was.

"When you live in the future,
with its problems and fears,
It is hard. I am not there.
My name is not I will Be.

"When you live in this moment,
It is not hard.
I am here.
My name is I Am."
Helen Mallicoat