

Life I Dreamed

By Rachael Ferrera

Sometimes it feels exhausting to be a human
So much weight
So much wait-ing
For the things we think we want
To come to be

So much illusion
Disconnecting us from our real Reality
So much separation
From each other
Even from ourselves

Separation between
Who we think we are
And who we really are

Separation between
Who we're meant to be
And who we *believe* we can be

Separation from our Truth

It's an illusion
All of it
Even the disconnection is an illusion

In Reality,
The real Reality,
We are One with ourselves,
With each other,
And with the Infinite

And each moment carries within it
The Spark of Creation
Meaning,
In each moment
Everything is possible

Each moment carries within it
A New Beginning
Each moment carries in it
New manifestations of new Realities

Each moment
A moment of birth

And if we can remember this
Well...
This human thing can feel a little easier
A little lighter
A little brighter

If we can remember this,
We can remember
That the best thing to do
When we feel the weight
Is...
To Breathe

Breathe.
Reconnect.
Presence ourselves.
Feel for our Oneness
With the Infinite

And if even for a moment –
A second –
We think we feel it
Well
Even that is straight up Magic
Even that starts to settle our soul
Even that is enough to make us think
Maybe this human thing
Isn't so bad
Maybe it's kind of fun even

And maybe,
Just maybe,
If I keep connecting
To the momentary Sparks of Creation
Moment by moment,
Day by day,
I just may
Find myself living
The Life that I dreamed