

# *No Accident of Birth*

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*I*t took a rabbit to come out of a hat  
to make me realise this life is no hat trick act.

It does take a considerable effort  
to recognise  
how invaluable one is to their own life.

It took so very long for me to know  
how very important one is,  
in such a minute space in time, historically.

It cannot be said, quite enough,  
how to become an appreciable earthly subject  
where ever one is located geographically  
the world does to each  
give a certain connection  
of a whole collective or of a humanity.

It did in fact take a type of personal grieving  
of a loss of one's own time, in a form of human denial,  
of how valuable life is when struck by an illness,  
so difficult, even to be faced on one's person, face to face.

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It did force on me to value more  
the life I had prior and to even learn,  
life is about a person's worth  
and to become an invaluable gift to know  
how precious every day and single breath.

It did force upon myself the need  
for total introspection, reflection of my life  
to so readily realise I am more than just a frame  
of what is apparent in a reflection of a mirror image.

I had to learn, over months and years,  
one is a definite  
inner scholastically invaluable,  
insightful genius.

No mistake, no expert here.  
No education or enormous degrees.

This is a one to another one,  
the mind and self  
and who is that inner  
as compared the outer one.

One to one or two in one:  
The physical and earthly born  
and breathing, experiencing:

And that of an inner one or child  
out of a historical sense, still embedded  
as a life gone, but of too a permanency  
to refer oneself for information of an endless extent,  
to know one is their own extraordinary being inside  
as well the frame – for what is a human being.

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The only issue of any relevance  
is in how one can learn to be  
someone of human potential  
of recognising their own worth, stature  
and as well initial timing as in a birth.  
All in all, for being so very uniquely present  
in a historical sense,  
parents or birthed life to earth extent.

## Remembering a powerful tool

if only to, where necessary, rewrite any damaged half view  
where a loss or painful event or of a self-lesser you  
is still causing hurt to you.

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It does not matter one single second of loss,  
but into you what pain you view yourself negatively or not.

No such life story is ever lesser than  
but in how to value the goodly, kindly,  
caringly invaluable voice of help and guidance  
of worthiness inside of you –

the day of each one moment is to become more aware  
no one single being on the earth is ever to be  
more so than of another  
but all equal participating beings, earthly.

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## So when awakened

in my dawn time reflecting mode  
I try to recognise that of a night  
and what now, morning emotional mood.

## For here ...

is an invaluable clue as to in your life  
is perhaps causing you some distress  
emotionally triggered by say, a past regret  
left un-dealt or to become dealt with  
ever so cautiously and of great care toward you  
and your surrounding folk ...

as sometimes ...

it is easy for those close at hand  
to become a victim of an emotionally charging  
and firing off, self-inflicted view of yourself –

and they take that instead of you  
and your need  
to spend time with your own thoughts  
and any advice to come in to you.

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**L**ove, you are to learn,

is the only act of human self to a self respect  
for the life physical and that inner voice  
of which is the mind memory store

and of a permanency of brilliance  
and source, force or life itself,  
quantum, consciousness, cosmic reality

or of you, a speck of a whole  
as of a God-type universality.

**I** am the seed,

or cell, unit of or valuable essence  
of a life form

endless as is a genealogy  
but too my own human and being  
earthly breathing, speaking and seeing,  
experiencing and learning.

So, in that of a life,  
please do not under-estimate  
that valuable presence  
as mind and too of thought  
for you are greater  
than of a body of physical ability  
and of unknown potentiality.

So when down on the floor,  
in a cupboard or by a cell door,  
remember no matter how very low,  
you are all you are in the mind  
and in how YOU prefer to see your past  
and to look again, reflect and identify  
what was only a half of that scene  
and you viewing at that time.

For here we have held goodly, kindly views  
as well the ugly and pain-filled as well.

Now to brace yourself,  
for all or most are able to be reviewed  
to learn that was a past ...

and now  
how do you prefer to become  
in your heart and mind  
as one of the most amazing creatures  
on the planet as is every other one.

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Take for instance, that of a rabbit,  
what of his part in that hat trick?

Is he or she any lesser for that  
or that of a person  
who is the instrument  
who does or did do the act?

The act or part thereof is who in life we are  
on a day to day life-living experiment,  
experiencing various sets in which over time  
we have performed all types of characters  
and some not so memorable while others  
of various size, shapes, joys and felt as acclaim.

So the journey

is a series of performances  
whereby an improvement or adjustment  
or modification of benefit when time to reflect  
to undertake, understand and learn –

not one of our earthly days is of any time wasted  
if a time set aside to reflect for reasons to improve –

not the person as a performing act,  
but of those taken of a nature improper  
or to lack any form of disrespect,

but of a continuing daily or nightly review  
to ensure the top level of your inner self  
and worthwhile life experienced  
and experiencing validity, to always be implanted ...

So on review

you are always hoping to, in you,  
learn to honour life on a day to day –

so death at the end takes with and leaves too  
one of many kindly views  
to in conscience  
and with a heart full of lovingness  
remains as a permanency  
reminder of what in life was your expression  
of a well-earned hard-fought prize –

love of you to yourself,

human being of valuable, natural understanding  
that one is actually being tasked to honour one's birth  
and right to be here for whatever the design of oneself,  
the life source, is to become  
in gaining love as inside as seed of everyone.

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**The** Task Master of one's own life dictates  
until you value who you are  
as an ever more responsible source  
of human dignity and regal birth to earth.

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**The** touch of a hero – life itself.

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