

# Tool, Parabola

We barely remember who or what came before this precious moment,  
We are Choosing to be here right now. Hold on, stay inside...  
This holy reality, this holy experience. Choosing to be here in...  
This body. This body holding me. Be my reminder here that I am not alone in  
This body, this body holding me, feeling eternal all this pain is an illusion.  
Alive  
This holy reality, in this holy experience. Choosing to be here in...  
This body. This body holding me. Be my reminder here that I am not alone in  
This body, this body holding me, feeling eternal all this pain is an illusion...  
Of what it means to be alive  
Swirling round with this familiar parable.  
Spinning, weaving round each new experience.  
Recognize this as a holy gift and celebrate this  
chance to be alive and breathing  
chance to be alive and breathing.  
This body holding me reminds me of my own mortality.  
Embrace this moment. Remember. we are eternal.  
all this pain is an illusion.