

## 2B

To be or not to be

The question is, if I dare to see

See when I am running from my feeling

Or when I stay and take care of my being

Just to be is to stay in the present

Observe and notice, not judge and argument

Feel the body, mind and spirit

Accept and just let it be it

We don't need to value everything in good or bad

Sometimes we just feel good and sometimes sad

Let go of judging your self as something

Open your heart, embrace that you are everything

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