

## Tool

### "Parabol"

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So familiar and overwhelmingly warm  
This one, this form I hold now.  
Embracing you, this reality here,  
This one, this form I hold now, so  
Wide eyed and hopeful.  
Wide eyed and hopefully wild.

We barely remember what came before this precious  
moment,  
Choosing to be here right now. Hold on, stay inside...  
This body holding me, reminding me that I am not  
alone in  
This body makes me feel eternal. All this pain is an  
illusion.

Twirling round with this familiar parabol,  
Spinning, weaving round each new experience  
Recognize this as a holy gift and  
Celebrate the chance to be  
Alive and breathing

One chance to be  
Alive and breathing

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