

## Tool "Parabola"

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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, I

In 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.

Twirling 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, this 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.

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