

From Remember Your Essence by Paul Williams

You have a power that has nothing to do with what you do
or what you say
or who you know or what you know
or where you are to what you look like or your skills
or your talents or what you have.
It is the power of your presence.
It is the heat and light from your burning log.
And it touches everyone who comes into contact with you.

Forget everything else that you know,
and get back in touch with the feeling
of being who you are.
Remember means re-experience.
Your essence is always there to be re-experienced.
It is an inexhaustible source of nourishment
and support.
It is your most trustworthy and dependable friend.
When you need somebody to lean on,
lean on your experience of who you really are.

Let go of your thoughts, let the talk inside your head
drift away, be still and remember who you are.
Breathe slowly, and feel yourself fanning the flame
of your burning log
with every breath.