

**A Brief History of Yesterday**  
**[with some added bits]**

What you order, you order;  
What you get, you get.

Remember, I create  
Remember the seven words  
Remember your life  
Over the last year  
Over the last decade  
Remember your future  
Love now;  
It isn't always necessary  
To declare  
One's undying love  
In public  
But it's nice to hear  
Amongst the death  
The illness, the heartbreak  
In a one hundred year old  
Heartbreak hotel  
Amongst friends  
Amongst colleagues  
Amongst members  
Amongst the models  
The gift of giving  
Isn't that what chairing's  
All about?

What's your unfinished business?  
Is it just a work in progress?  
And would today  
Be a good day to die?  
OK, what am I hanging onto  
That I don't know I'm hanging onto?

Sitting in silence  
Breathing in silence  
Enjoying the silence

Waiting – but don't wait  
Just enjoy  
The moment  
How am I?  
How are you?

Like a stone  
At the bottom  
Of the stream.

Stillness  
With an attitude  
Of gratitude.

Sitting in silence  
Sitting in peace  
Sitting, just sitting  
And reflecting  
In silence...  
Celebrating ourselves  
In the space-time continuum.

Yesterday I had last night  
To remember  
Today, I've just got today.

Life is the childhood  
Of your immortality, so  
Listen to the words –  
Be, forever young;  
Down every road you roam.  
Just seize the day  
Seize your life  
Make your life  
Extraordinary  
Don't wait to be outstanding  
Do it now – keep vital.  
Sometimes the stone  
Sometimes the stream  
As long as you know  
Which you are  
And when –  
May sunshine and happiness  
Surround you  
When far from home.

Two steps forward  
One step back  
Ouch!  
That's where I went  
Wrong.  
I've got nothing on my mind

Nothing to remember  
Except  
To bloom where I'm  
Planted;  
And if I did know,  
And if I did know  
I'd know what the answer  
Would be.  
Don't forget to remember  
Who you are.  
On the centre...

Present moment  
Beautiful moment  
Breathe  
In the present  
Breathe in  
The gift  
Thinking but not consciously  
Thinking  
This is our Odyssey  
This is our journey.  
It's letting go again  
It's letting G-d  
Help us be safe  
In our own skin.  
Just say "thank you"  
For the time  
Together  
In the space-time continuum.

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Further reflections  
On the "weekend"  
Deep thoughts  
Deep sighs  
Deep eloquence  
Wandering thru' the brain  
Taking its time to verbalise  
Taking its time to personalise  
Having met  
Such wonderful friends  
In the deepest meaning of that word  
Friends who support

Friends who nurture  
Friends who love  
Each other with a  
Purity of heart  
With a respectful  
Demeanour  
With a constant fulfilment  
Of joy and honesty and truth  
With a constant fulfilment  
Of vitality and passion.

PS. Sunday, I went white water rafting  
To see if I was the stone or the stream,  
The rock or the creek.  
I tore a muscle in my shoulder.  
Clearly, I'm neither or both.

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