

## What is Important

Cheselyn Amato, 2.26.2016

What is important  
is every day.

What is important  
is loving living and living loving,  
and so much more than anything and everything that can and does get in the way.  
What is important is making love,  
quelling and assuaging pain,  
healing what can be healed,  
embracing fully the full that comes our way,  
embracing fully the crumb that is sometimes our only option,  
choosing confidence with humility in the face of ceaseless eternal uncertainty.

The thought of billions and billions of galaxies comprising the cosmos  
poses something seemingly contradictory,  
a feeling of intense claustrophobia,  
the Earth becomes so small as if inside a box with no room to move.  
Somehow the notion concept image of such vastness makes it hard to breathe.  
The speck that we are - our earth and ourselves - becomes so small  
that we no longer perceive ourselves.  
We vanish into the magnitude.

Or, we are lost in space in a bigger way than ever now that we imagine our galaxy is one of billions.  
Our space exploration has not yet allowed us to consistently land on the moon,  
and we have barely explored her yet.  
Reaching our moon for a moment made the universe seem maybe manageable,  
and then the civilian mission Challenger failed,  
and space travel came to a halt,  
and has never again regained its momentum,  
and now with space so much more vast than hitherto imagined.

Hey be happy, don't worry -  
I love you,  
and you love me.

All of us loving each other  
is enough to protect us from the incomprehensible magnitudes  
of mega macro and mega micro truths that boggle the mind and trigger kerfuffles and spasms  
even in the most even-tempered, even-keeled and complacent of our species...  
There was, is, and always will be an Alice in all of us,  
And there was, is, and always will be the Wonderland that delights and frightens us,  
Those places where transforming occurs, exactly what we are here to do.  
In a vast array of ways and in an unpredictable pattern of instances,  
we spend our time in Earthly space existing, experiencing, and noticing  
the very existence of existence itself, with punctuating moments of the resonance of I am.

I am I am I am I am I ammmmmmmmmmmmm