

Mind Oh Mind

Free Verse by Alexandra Vesia



Opening the mind,
pondering the possibilities,
questioning reality,
and soaring through your universe.

Letting ourselves be open to the nature of our inner
mental power,
Promotes a sense of liberation and infinite curiosity
For the wondrous possibilities
Of our existence.

The power of the mind,
To bring just about anything into fruition,
Allows us to alter reality with our presence.

But do we contemplate this inherent gift we all have?
You change a universal reality just by being here, now.

We may see it in others,
but do we acknowledge it within ourselves?
“I am powerful” we must tell ourselves,
Reminders in every waking moment, that we can do
what we set our minds to.

But we can't do it alone.

Sometimes we may need help from those around us.
Often just an inkling that the universe
and all the forces within it
Are on our side.
That should do the trick.

THE ORACLE

Reminding ourselves
that our emotional and mental states are transitory,
One may even regard them as illusory,
But those feelings do have real consequences.
Feeling love may help us sense true boundlessness,
Soaring with endless potentials.

Love can allow us to see ourselves in a new light,
through a new lens, from an alternate perspective.
Whereas feeling fear may restrict our mobility,
or trigger a response that harms
the inner workings of our body
with significant exposure.

You can be bitter and hold onto it,
or you may decide its worth more to let it go.
Sometimes it may seem that
our ability to make the choice is out of our power,
within another's control.

Their choices effect you, there is no doubt about that.
But a choice is present for us to follow suit
or revolt, treading a previously unprepared path

Fear seems to build walls around our inner freedom
to do and be and choose as we please.
We must remain steadfast and persist
with our obligation to release our inner selves
and explore who we all are.

As one perfect system,
synchronized in interconnected actions.
The process of life is sustained by our whole planet,
working together in unison.
You and I are now aware of it all.

How seemingly miraculous it can be.
To think, to be, to reflect on thinking and being.
And even more extraordinary
is the gift of our presence and awareness,
Allowing us to experience the wonder of it all.

We are all so unique and diverse.
Each mind has its own particular individualized features.
Each person is a puzzle we may ponder.
To ponder the puzzles that each person presents is our universal gift.
Yet our differences can lead us astray,
Feeling lost and lonely within the infinite abyss of an internal universe.

Who are you, apart from those qualities and attributes
you identify as your own.
Despite those activities that shape what you do.
Besides the people you associate your “self” with.
Who is it that you are deep down when everything else is removed?

Are you nothing?
Are you everything?
Are you connected to all of life,
all of nature,
every aspect of everything that exists or could ever possibly exist?

These kinds of questions
make us puzzle the power of our presence;
Preparing you for the purpose of your persistent power.
Question the content of your consciousness.
Realize you can revamp your role in this world.
Remember and recall the remarkable nature of your ruthless mind.
Speak through your soul and sensationalize your spectacular essence.
Think those thoughts that fuel the thematic reflection of nature.
This tempting truth is what we can teach.
By undoing constructs and allowing our undying spirits to be unleashed.

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What we see when we look outside of ourselves
Is a direct reflection of how we feel internally,
So how we perceive the world around us
Is dependent on the inner workings
of our emotional and mental states.

We are learning that physical observations
of the apparent existence of things
Do not encompass all that contributes
to the workings of life.
Although some things seem better left unknown,
How can we know anyways.
To know is to acquire knowledge.
To understand is to find the knowledge to be useful.

We're on the cusp of exploring this phenomenal mind
An emerging feature of the brain some would say.
It's real because you believe.
You believe because you think it's real.
Who's to say; a general consensus among those who voice their opinions.
What about those ideas and reflections left unsaid;
Do these notions contribute
to our notably all-encompassing belief system
That has been conditioned by those who take care of us?
Resistant forces are engrained
in the lessons we've been brought up with.

I encourage you to take care of your powerfully sweet mind.
It is needing your patience and presence,
requiring evaluation,
demanding reflection,
Screaming for serenity.
Inner calm is inner control.
Inner control facilitates a powerful mind.
Fostering freedom takes determination and acknowledgment of inner
power.

They say that seeing is believing, but when we believe,
we may not actually see.
Following blindly leaves you susceptible and vulnerable
To forces outside of your awareness
Although there can be traps and dangers lurking around the sidelines,
Hoping to conceal or steal the natural essence of your power,
**Offering ourselves to the mystery of the mentally powerful
potentials**
Which may be questionable to some yet quizzically real,
We will realize the substantial satisfaction for the universal you.

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Open your eyes to your deepest and inner-most highest self
To your power
To your mind
here, you will always be free.