## Energy magazine Subscriber **Bonus Content** Jan/Feb 2023

## Am but Quanta— Meaningless Energy Alan Sanson Alan Sanson

I am a person.

Do I have feelings

- yes

Do I have memories

- yes

Should I let the free flow of cosmic quanta pass

through me

- yes

Should I let happenings be stopped by my mind as dwell and worry

- no

I exist, I experience

I am but meaningless energy.

I am a tree.

Do I have feelings

- yes

Do I anticipate the future

- no

Do I have a choice

I sway gently as the breeze blows, refreshing, with every quanta together - as one

I exist.

I am but meaningless energy.

I am a horse in a field.

Do I boast about my Derby wins

- no

Do I reminisce on the glory

- no

Do I dwell on why I can not do that any more

Do I worry about tomorrow

- no

(tomorrow / the next minute / second may not exist for me)

I am but just in the moment - I exist, I feel, I experience.

I am the wind.

I am water.

Do I know my strength

- no

Do I know my softness

I am but meaningless energy.

I am a universe.

"Full" of meaningless energy

Do I use my size to dominate

- no

Do I have a soul

- yes - maybe the combined souls of all within

Do I have power

- no

I exist (for now).

I am but a meaningless mish-mash of cosmic energy. No more or no less powerful, influential, important, significant

than any other drop of quanta.

I just am - existing in the sub-second.





You can reach author Alan Sanson by visiting: qikigong.co.uk