**Note to Self; a forgiveness (and forget) poem**

C:\Users\David\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0SI7EKNL\MC900351847[1].wmf

Self, I ask of thee?  
Why though I forgive,  
can't I forget easily?  
Self, my innermost intelligence..  
please answer me.  
What purpose does it serve?  
Why would I choose after forgiveness,  
to continue living grudgingly?  
Self, I now call on my deepest sense of soul.  
I'm asking inwardly, so give only truth to me.  
Why am I running from pain, which has ended?  
What have I now to fear? Nothing, for I am free.  
From where, have these transparent chains emerged?  
No one is hurting, or threatening me.  
After years of terror, surely..I must know it is over.  
Still, it's the here and now..which this mind doesn't see.  
Self, I call upon your strength, for you're all that I am.  
Conscious and unconscious states of mind, must at last synchronize.  
Heart and soul and must merge to one, and become whole.  
Self, let this message sink far into the subconscious mind.  
Let peace and understanding take over. Heal in time.  
Not wanting to live as a prisoner,  
I make this mental note..to myself.  
As a reminder to live in the here and now..and nowhere else.

*By Tara Jacoby*