

# Back When I Was Young

Back when I was young  
Parts of me still hang  
A future path, undefined  
These parts of me are held behind

To the fore  
To the here and now  
Experienced again  
Re-wound

Shaken - Stirred  
Upset & confused  
The growing up again has just begun  
Old feelings, words and states of mind  
Are felt  
Then blow away

Then

Did we hold on to remember?  
To relinquish control?  
To be safe and secure in a cruel world?

Now

Stepping out into sunshine  
Blue skies and change  
These old eyes are renewed  
and see a new world  
Experienced again  
"Don't take it away!"  
... and release ...  
It's a passing phase  
As the young fills its space  
On the inside

To grow and be whole  
To be in the world  
or not here at all

**Matthew Hudson**

Last  
update: misc:poetry:back\_when\_i\_was\_young [http://www.self-alignment.com/docuwiki/doku.php?id=misc:poetry:back\\_when\\_i\\_was\\_young&rev=1522941608](http://www.self-alignment.com/docuwiki/doku.php?id=misc:poetry:back_when_i_was_young&rev=1522941608)  
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