



## TODAY

Today is not a day  
To fill up like a gas tank,  
Or an agenda,  
Or a black-out Bingo card.

Today is to fill up  
Like a glass of chilled water  
On its way to quench  
Hot-sweat-thirst.

Today is to fill up  
Like a new book,  
With marks,  
Scribbled thoughts,  
Love-handled edges,  
Until it becomes a good book.

Today is to fill up  
Like a heart  
When you gift of your heart-self.

Today is to fill up—a little bit—  
The inside gaps  
With doing and feeling  
Something good.

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