



**Plants and Healers**  
INTERNATIONAL

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### **As My Doubts and Worries**

Frank Cook

As my doubts and worries

Fears and desires

Dance about my mind

I let them run their course

and pray they might grant me

the serenity to enjoy the moment

as they fade away revealing

the real

And if, a demon happens to

materialize within my space

Only then I will suffer

Let the suffering and joy be

saved for the moments that

elicit that response

and not from the dread of

The possibility of those moments