

**Unclaimed Freight**  
by Janet Lynn Berkowitz

People are leaving unclaimed freight wherever they go.  
When asked to look and own their shadows, it's a sudden no show.

They call it baggage and deem it bad,  
Hoping it will disappear or they'll go mad.

To them it's a burden, heavy indeed.  
It must be removed like an overgrown weed.

They pray to their God to take it away,  
Before their ego starts to snap and fray.

Anger's the bad guy, sadness leaves you weak.  
Fear must be avoided, while shame's just so bleak.

Yes, feelings do mask the Love living in the heart.  
Yet until we embrace them, they will rip us apart.

Treat them like treasure, with a message from Spirit.  
Commit to the process, slow down and hear it.

I say that message is get back to Love.  
Notice the angels caring from above.

Become the solution that you want to see.  
Know that all the answers are stored within thee.

There's no wrong or right and nothing to judge.  
You're fooling yourself when you hold a grudge.

I'm not saying don't have your feelings, oh no.  
Notice them, embrace them, let them flow.

Claim that baggage, claim it as your own.  
Discover it's lesson, teach what you've been shown.

Make communication clean and accountable.  
So the human race won't live in separation, fracture or wobble.

Unclaimed freight will be a thing of the past.  
We will fear not our feelings, wouldn't that be a blast?