

## What Are You?

In some place of space and time,  
You are already dead.  
What is it to die?

To die whilst still breathing,  
To let go of any notion that you matter  
in any way whatsoever,  
Beyond the simple truth that you exist.

Exist as what?  
As this living body and persona?  
As this troubled mind battling with life itself?

What a gift it is to live,  
To experience the flavours of life.

You are born to die,  
Of this I am certain.  
And the only thing stopping you  
from truly living  
is yourself.

Santuario, Ana Maria.  
A Journey of Subtraction (2023).