

# The Nature of Memory

*Nicholas Samaras*

Memory without yearning  
isn't nostalgic, isn't

any memory that makes us,  
but is only what we tolerate or suffer through.

The nature of memory lies  
in how we utilise memory.

Remembrance without yearning  
can be what we flee,

what we let grow  
pale to a ghostly frailty

that may blessedly  
slip into irrelevance.

What we yearn for in memory  
contributes to us, makes us whole.

Every moment, we can  
choose our natures, aligning

to the positive, memory in focus,  
everything that may better us.

Anything else is a bad master, best  
come to terms with and laid to rest.