

## THE VOW

At some point  
he realized  
he had to make a choice  
or his weaknesses,  
and his fears  
would dominate him  
for the rest of his life.

The pain of  
being aware,  
of seeing  
the consequences  
of not choosing,  
had become  
more painful  
than continuing  
to giving in.

So he made a vow,  
not about  
the future,  
but about  
what he would do  
now,  
in this moment,  
over and over  
again.

*Dennis Warren*