

Being Present

by Dana Faulds

Breathe, relax and feel;
take time to slow down
the pace of life. Watch the
rise and fall of moods, the
birth and death of dreams.
Feelings and sensations seem
so real, yet they shift like
changing clouds, and flow
with the high tide out to sea
again. Allow it all to be, no
need to grasp or push away.
Present with each moment,
the whole of you, body, mind
and soul, open to receive.