

now is the time

*thoughts, feelings, ideas, images, dreams
are only waves breaking on the shore of your mind*

*what they tell you can only be of the shoreline
what of the deep?*

*when quiet, be quiet
when aroused exhort yourself
when awake be mindful
when asleep sleep*

*neither dreams, feelings, thoughts nor perception
are yours*

*neither the deep nor the shoreline
contain you*

*hold fast to no thing
cautious of nothingness
afraid of nothing*

*now is the time
to slip easily into each moment
like a sunbeam through grass*

