

In The Now I

11-17-11

Every hour I am focused on the future,
I suffer an hours loss of this life. Clearly,
to dwell on the future or the past is to avoid
living now. The present can be scary because
so often it's associated with emotional or
physical pain. Pain may be a means of bring-
ing one back to the present, but it is not the
only means. Stillness is also centered in now,
but a now of an entirely different sort. The
quiet now is very broad and reliable. It contains
no dread, no jolting interruptions, and no abrupt
beginnings. Beauty shines from every aspect,
and peace is the gift both given and recieved.

Rechell Williams # V-69138

P.O. Box 5242

CORCORAN, CA 93212

<http://betweenthebars.org/blogs/507/rechell-williams>