

TASTING MINDFULNESS

Have you ever had the experience of stopping so completely,

of being in your body so completely,

of being in your life so completely,

that what you knew and what you didn't know,

that what had been and what was yet to come,

and the way things are right now

no longer held even the slightest hint of anxiety or discord?



It would be a moment of complete presence, beyond striving, beyond mere acceptance,



beyond the desire to escape or fix anything or plunge ahead,



a moment of pure being, no longer in time,

a moment of pure seeing, pure feeling,

a moment in which life **SIMPLY IS**,

and that "isness" grabs you by all your senses,

all your memories, by your very genes,

by your loves, and welcomes you home.

Source: Coming to our Senses (Jon Kabat-Zinn)