

This Moment

by Sandra Felt

This moment I'm here.
This moment I know that
I am safe,
In my body,
Aware, alive, and calm.
With nothing assaulting my senses,
I'm fresh and rested.
That line between me and not me is clear.
With no need to judge,
No need to control,
And nothing controlling me either,
There is nothing I have to do.
This moment I simply am.
Yes, I am....