

Be Here Now

just let myself Be
watching my eye watch itself
have no higher goal

my sole place in space
non-bordered ever-presence
let myself be Here

this moment is real
future's not yet, past is spent
let myself be Now

"don't push the river,
it will flow all by itself"*
I'm only flotsam

I don't drive this boat
a passenger on life's trip
along for the ride



* Thanks to Gestalt therapist and author Barry Stevens for this exquisite metaphor.

For the John Lennon's and Ram Dass's among us who might grok this haiku.