

IT DOESN'T MATTER

It doesn't matter
what's happened.
In this moment,
you can start anew.

It doesn't matter
what you did yesterday,
the day before,
or last year.

It doesn't matter
what you thought,
what you said,
or what you did.

It doesn't matter
who you hurt,
who hurt you,
or why.

We are not our pasts,
We are not what
has happened to us,
We are not
what we have done,
if we start anew.

Everything we believe
about ourselves
is an obstacle
to the possibilities
in this moment.

In this moment,
in every moment,
in each breath,
lies the possibility
of freedom,
if we start anew.

Let go
of who
you think you are;
of what
you think you can do;
of what
you think you can't do;
and of the way
you think it is.

Instead,
just be
in this moment.
Be present
with what is here.
Be willing
to listen deeply.
Open to the experience,
and the life,
that is waiting
for you.

Dennis Warren