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, it 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