

## Forget about enlightenment

Sit down wherever you are  
And listen to the wind singing in your veins.  
Feel the love, the longing, the fear in your bones.  
Open your heart to who you are, right now,  
Not who you would like to be,  
Not the saint you are striving to become,  
But the being right here before you, inside you, around you.  
All of you is holy.  
You are already more and less  
Than whatever you can know.  
Breathe out,  
Touch in,  
Let go.

– John Welwood