

Tasting Mindfulness

Have you ever had the experience of stopping so completely?
of being in your body so completely,
of being in your life so completely
that you knew and what you didn't know
that what had been and what was yet to come,
and the way things are right now
no longer held even the slightest hint of anxiety or discord.

It would be a moment of complete presence, beyond striving,
beyond mere acceptance,
beyond the desire to escape or fix anything or plunge ahead,
a moment of pure seeing, pure feeling,
a moment in which life simply is,
and that "isness" grabs you by all your senses,
all your memories, by all your very genes,
by your loves, and
welcomes you home.

— Jon Kabat-Zinn