TENNES@N WOOLF

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Living the Now

In looking ahead, may there be a celebration of now. A present moment kindness, of things big and small.

In looking back, may there be appreciation.

A consciousness, an awareness of fit, loved or not.

In looking now, may there be living. A flow, a joy of being.

And enough community, to remind us of belonging. And enough solo, to remind us of deep center.

In both mystery and clarity.

Best wishes in continued journey. With gratitude.

