

It's O.K. by Pat Ingolsby

Be calm, be quiet, be still.

You are here now.

Listen to your breathing.

Be safe, be sure, be here.

Tomorrow can never touch you.

Feel the ground with your feet.

This is where you are.

There is nothing else

For you to deal with.

Look.here.

What do you see?

Listen.here.

What do you hear?

Touch.here.

What do you feel?

There is nothing else.

It is not possible

to see

to hear

to feel

anywhere else.

Be here.

Be safe.

Be now.

Be you.

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