

OOOooooOOOo how nice I feel right now!! Completely and utterly at ease. Enjoyment springs forth effortlessly. I look outside at the parking lot with cars coming and going, at the soccer field just after practice, illuminated by bright white flood lights, and at the reflection in the window of the comings and goings inside and am filled with a sense of curiosity, interested in learning and bettering myself. The potential feels endless. There must be nowhere to go but up from here. I am ecstatic to be alive. What a magical gift we have that is this moment, to live, experience, and learn. Is there anything which does not deserve gratitude. I just want this feeling to last forever! Free, blissful, and careless. Sitting here now it is so obvious how to maintain this. I have all the tools at my disposal. I have been blessed by teachers with amazing gifts, but I still want more. I can create this state of mind with practices, but just as easily I can pull myself this way and that way in the world. Striving, striving, striving. Trying to mold the world to my concepts. Ignorant of the perfection implicit in existence that I can see right now.

Like dying cloth, after repetition, the peace stays