

Now, Now Mind

I don't know
can I let it go?
I don't know
can I even try?

But I know
the wise do say,
All we've got
is now, today.

And what have I got to lose?
Setting yesterdays aside,
and next to them,
tomorrows, too.

It's worth a try.

So I take some time,
to calm,
and clear,
my mind...

...and whoa, I find...

Freedom like I've never known
droppin' all the storylines,
lighter than a bird can fly.

Freedom's in the now,
now... now... mind.

And what is it
you're carryin' round?
What is it
you would put down?

Do you know
can you let it go?

Is it worth a try?

To take some time,
to calm,
and clear,
your mind...

...and may you find...

Freedom like you've never known
droppin' all the storylines,
lighter than a bird can fly.

Freedom's in the now,

now ... now ... now... now...

mind.

— *C.R. Nunamaker*
Llanover, Wales, 2019

