

Stay

In your first waking moment
can you hold a space for now?

Can you embrace the quiet
calm of early morning,
the fresh start that's possible,
and the gift of a new day?

Are you awake to now
or off in some other world
that takes your light
and life force.

Stay in this moment.
It's beautiful here.
You have everything
that you need.

The freedom
to choose
this moment
this life.

Hold that space.

Stay still.

Breathe.

- Natalie Walton, 2020.