

Relax Into Your Life

Become still,
And from the stillness, open.
Let go of having to know what to do
Or how to do it--
Relax into your life!

--release unnecessary tension in your body
And allow your whole being to expand... Surrender!
You don't become less when you let go--
You become more!

Relax, and each breath comes in without effort
As the infinite breathes you...

Relax, and each breath out leaves without effort...
And returns to the source--

The full circle of life unfolds and connects
In every inhalation and exhalation as you open,

And each breath becomes
A small prayer of gratitude...

- Dean Marson, 2015