



Vision, Focus & Perspective

At the moment of waking up,
Before getting out of bed,
Get in touch with your breath,
Feel the various sensations in your body,
Note any thoughts and feeling that maybe present,
Let mindfulness touch this moment,
Can you feel your breath?
Can you perceive the dawning of each in breath?
Can you enjoy the feeling of the breath freely?
Entering your body in this moment?
Breathe in - I smile,
Breathe out - I calm my body,
Dwelling in the present moment,
It is a wonderful moment.

Thich Nhat Hanh

