

In The Now  
Tasha Halpert

In the now,  
Always there is enough.  
In the now  
Peace fills my soul.  
I breathe it in  
And breathe it out.  
In the now,

In the now  
This the peace  
In the now  
Peace without reasons for peace  
Not because  
But just because  
Peace is  
In the now.

In the now  
I breathe it in  
In the now  
Peace enters on the breath  
Peace exits and remains  
A feather on the breath of God.  
Hovering in the now,  
Dropped from an angel's wing  
Into my heart  
There to rest lightly  
Wafting with the breath  
In the now.

In the now  
Enough always is  
In the now  
Sufficient to the moment.  
Peace breathes in the now  
Wafting me on the breath of God  
In the now.



Drawing: Cecile Wadlow