

Fearless Moment

**Things are so simple
When you deeply drop into the present.
No past, no future, no fear.**

**What is fear anyway
But a painful fixation on another time --
A haunting memory from the past,
An anxious anticipation of a future loss.**

**In the present moment
There is only the breeze caressing your skin
And the brilliant open space of clear awareness.**

And oh how sweet the rose truly does smell.

**Terry Fralich
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