

Being Mindful ~ Colin Eveleigh

If you want to be mindfully aware
Try formal practice guided with care
Set aside space for timely minding
Whatever is there to go finding

If you want to be mindfully awake
There's informal practice with routines you make
Deciding to notice observe and witness
So you don't miss a moment of all this

If you want to be mindful and present
Learn from what happens in daily life
During or after is perfectly decent
So much to gain here when you're alive

This bit's not practice
It's awareness of living
Seeing the 'what is'
Allowing forgiving

All together you will find
Plenty of stuff to let go in mind
Each piece that leaves will come back again
May be a fact no need to explain

The more you see allowing to be
The less is there substantially
Get on with life stop adding strife
Can't cut it out don't need a knife

Being mindful never is easy
Surely can make us feel quite queasy
Facing the reality of random living
Letting go of striving winning

Got to be worth it in the end
Why not make non-doing your friend
Excepting acceptance there is nothing more
No need to make a further score

Naught to get right to achieve or believe
Just being aware of what's there to perceive
It's all in the senses whenever you look
So often misread and always mistook

When wanting fades and if you're willing
There's much to discover
Letting go of SELF
Caring for each other

Colin Eveleigh