Remain As You Are

Azedia

In this moment, I want you to just be aware of the presence of this body, and the naturalness and simplicity of this awareness. It is just here.Close your eyes and listen
Ease your restless mind
And feel the sweetest surrender
Leave your world behindLeave your world behindAnd nothing will trouble you. And there is no need to follow or internalize or interpret now. You are not that which comes and goes. No appearances can be you. You are not concerned about these things. Keep no labors for yourself. A silence. A stillness. This stillness it is simply the end. In you. With you. It is the fragrance of your motive. Remain as you are.Close your eyes and listen
Ease your restless mind
And feel the sweetest surrender
Leave your world behind

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