



# Land of NOW

Sit here in NOW;  
in this Land you will find

Ways to clear all the chaos  
and quiet your mind.

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A whimsical illustration of a landscape. In the foreground, a figure in a blue hooded cloak stands on a dark, rocky outcrop, looking towards the right. In the background, a large, gnarled tree with vibrant orange and red foliage stands on a purple, misty ground. A wizard in a blue hat and red cape sits on the base of the tree, holding a staff. The sky is a soft, hazy mix of pink and orange, with falling leaves and a bright, glowing light source. The overall mood is serene and magical.

There once was a time I was roaming about  
Feeling **lost** and so very befuddled.  
I was stuck in a place full of **Chaos** and **haze**  
With my mind all distorted and muddled.

Then I noticed among all the clamor and mess  
Someone so **peaceful** and quiet.  
I asked, "How can you sit there so calm and so still,  
Don't you see all this **ruckus** and **riot**?"

“To remove all the fog, the first thing you must do  
Is learn the real **Source** of this tizzy.  
What’s blocking the **NOW** comes from all of your **thoughts**  
And your mind always being so **busy**.”

“See, these thoughts are just **Stories**. Most don’t have a use.  
All they do is just clutter your head.  
Once you figure this out, they can pass and move on  
And you’ll start to find **NOW**,” the guide said.



“To uncover the **NOW** and get **rid** of this ruckus  
You need to stay quiet and hear  
Each of the thoughts that you’re constantly having  
And let them begin to **appear**.”

“Then you will become the observer who **Sees**  
All these thoughts that can mess up your view.  
From there they’ll become something **Separate**, distinct,  
That are outside and **other** than you.”

“You see, you aren’t your thoughts, but these things like to linger,  
Running **amok** in your head.  
But when you understand that they’re **NOT** who you are,  
They can all clear out instead.”

I wasn’t so sure this would actually work,  
But I wanted to give it a try,  
And see if my **thinking** could somehow take shape;  
To discover the **NOW** with my guide.

The first thoughts I saw looming there in the haze  
Brought with them worry and fret.  
They made me quite nervous of what was to come,  
Of a future that wasn't here yet.



I began to **Stress out** over what might occur.  
There were so many possible things.  
About the next day or the next year to come!  
Who knows what the future could bring?!?



“Oh these thoughts,” said the guide. “Do they offer a **plan**  
Or actions you **can** take today?  
‘Cuz if you do something **here** and then act in the **NOW**,  
You can keep future worries away.



“But what you can do is begin to let go  
Of this time that is over and gone.  
Only then can you truly be here in the NOW  
When the past has released and moved on.”

“Well yeah but, I’m Sorry for how I behaved,  
And still hurt from how they made me feel.  
I cannot just let these things go,” I continued,  
“Because they’re still painful and real.”

“You’re only affected by thoughts from the past,  
‘Cuz your thinking helps keep them alive.  
If you listen and use my advice,” the guide said,  
“These thoughts can no longer survive.



The last of these thoughts that were blocking the **NOW**  
Were insisting that things should all shift.  
They wanted it **their** way; to **change** what was fact,  
And did not like **WHAT IS** and were miffed.

“This pair,” warned the guide, “won’t **accept** how things are,  
So they will not ever approve.  
These thoughts will **resist** when you try to let go.  
It is hard to convince them to move.”

“**Yeah but**, I wish that I was in charge.  
I don’t like **WHAT IS!**” I then cried.  
“But you have no say in what happens out there,  
Only how you **react**,” said the guide.



A whimsical illustration of a landscape. In the foreground, a large tree with vibrant orange and red autumn leaves stands on the left. A pink, fox-like creature with a white tuft of hair is perched on a branch. A yellow, bear-like creature with a blue scarf and a blue wizard's hat with a pink tuft sits on the ground, holding a blue staff. A small blue bird flies in the air. The background features rolling hills, mountains, and a path leading towards a cliffside with evergreen trees. The sky is a soft, hazy blue and orange.

So now when my mind gets all flustered and full  
And the mayhem wells up from inside,  
I'll **pause** for a moment and take a **deep breath**  
To stay in the **NOW** with my guide.

This **Land of NOW** is here for you too,  
It's something we all can possess.  
When you learn to let go of the thoughts you don't need,  
You'll be **free** of the chaos and stress.

You see, my dear friend, you are **always** in **NOW**  
So please do not waste one more minute  
Being stuck in your thoughts, missing out on what's here.  
The **NOW'S** all there is so be in it!

↔ The End ↔

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Fretters  
of the  
Future

The  
NOW

Pesterings  
of the Past

the kids  
Map  
- of -  
NOW

