



What is it worth to experience a feeling of rightness in all things?

*To know that things are moving exactly as they should be,
no feeling of haste or desperation, nor lack of anything;*

*To experience each day, each moment, each pose as being
born out of nothing, created anew.*

*Today, this moment, is infinitely flexible, possible,
pure, potent.*

*It is not what, but how.
Not what I do, but how deeply I live.
To "live in the moment." What does this mean?*

*To be soft, fresh, open, free.
To allow the air to breathe through me, the light to fill me.
Colors caress me, energy flows through me.*

*Forgive the worthless past.
Slough off its fetid, crusted, useless skin.
Feel alive, reborn, capable of anything.*

*Choosing freely, smiling sincerely,
Even cleaning the bathroom with ease and good humor.*



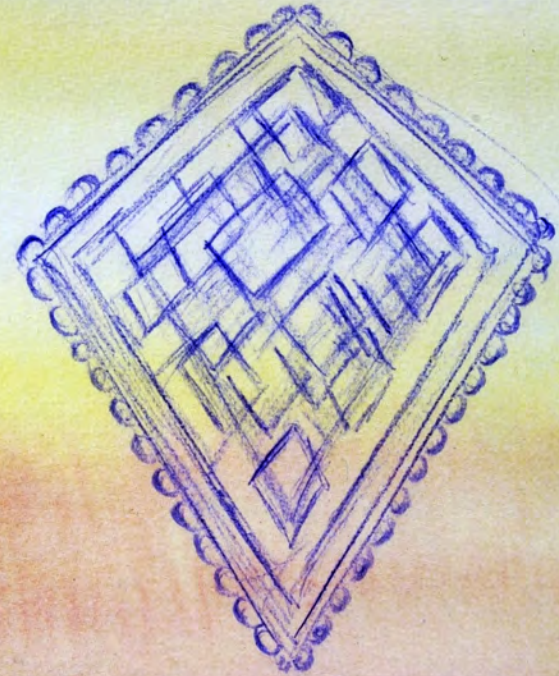


*When I look over my shoulder,
stretching my eye muscles to the lower left extreme,
I see my death, clearly and surely.
It will come and I am not afraid, because today I am alive.
I am living the fullness today, so I am not afraid.
I will have missed nothing.*

FIRST WAVE

*I enter the temple, sweep out the cobwebs,
rearrange the candlesticks and urns.
Light shines through colored windows illuminating
fine dust motes. It is the beginning
of a new day.*

I n s i d e Y o g a



*1st light
window on the morning
12/9/99*



*Firm yet spongy, wafted by gentle breezes.
Covered and caressed by bough shadows and
leaf-like dancing water diamonds.
Bones vibrate, muscles zinging with the earth,
turning, swaying, dancing. All this, but
having barely rolled my eyes and stretched my neck.*