

## Simple Being

Keter

Anywhere you like, sit down and just be. Let your body find its own natural rhythm of breath. Relax, yet remain alert. Gently set your mind upon your breath, focusing upon the exhalation and the space at the end of exhalation, letting your mind enter into that gap. Do not close your eyes while you do this. Keep them at least partially open, so that while having perhaps a third of your attention upon the breath, two thirds remains free, completely aware of where you are and everything that is transpiring. After you have followed your breath in this way for some time, let go of the breath and just be aware of God's presence within and all around you. You are perfect as you are; everything is perfect as it is. It is enough, just being! Praise God!