

My mind is not always right
Is this really true, really real – really happening right now?
No action I take is going to completely change my mind
Do I have to do or say everything my mind is telling me?
Feelings are just feelings – I don't have to act on them
Usually the way I think is just a habit
Let go the habit of only seeing bad thoughts, feelings, sensations
Now is the only time I have to change
Everything is constantly changing anyway
Staories I tell myself are just stories – they're not happening now
Seeing all there is to see I can let things unfold just as they will
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