***Joy of Meditation as Nourishment***

Breathing in, I know I am breathing in. In

Breathing out, I know I am breathing out. Out

Breathing in, my breath grows deep. Deep

Breathing out, my breath goes slowly. Slow

Breathing in, I feel calm Calm

Breathing out, I feel ease. Ease

Breathing in, I smile. Smile

Breathing out, I release. Release

Dwelling in the present moment. Present moment

I know it is a wonderful moment. Wonderful moment

*Thich Nhat Hahn; “The Blooming of a Lotus”*