

# # 215 **ONE** Day at a **time**

It's One DAY at a time & for me THAT's fine .

I'm glad I KNOW HOW to drink LIFE's fine wine .

There's surely an ART & SKILL Involved

And when I entered THIS reality MY awareness Evolved

Into a **UNIQUELY FUNNY** new Creature THAT loves to live .

And finds the **M.o.st** pleasure **IN** the **M.o.de** called: **GIVE** .

**GIVING ROOM** to grow ALL THINGS ... as they may .

An **unConditional PASSING** onto &/or **Into** (THIS) **brAND NEW day!**

I KNOW the " **Spirit bottle** " is **IN MY Hands**

**Yet** the **NEED** or **deIRE** to **secure any** (thing) **DEADpans** .

**Upon opening** - there's an **immediate** **sence** of a **pleasant sCent** .

On the road **to self-deception** **I'm no longer** " **HELL-BENT** " !

It's **FUN** to say **I'm** at the **TOP** of the **Hill** .

The **QUESTION IS** : **did I swallow** the **RED** or **BLUE PILL ??**

Even the thought of **Having** a **personal self-will**

**Has** elements **Involved** only when all is **still** .

The **contrAdiCTIONS** are only **with thoughts** , **wORds** & **ACTions**

**Needing some ME d \* I \* u \* m** for **personal satisfACtions** .

There is a **time** & **place** where it **DOES MAT** ...

**Ter** . It's called the **HERE** & **NOW** ... can **you TOO imagine THAT ?**

**MAgter** . A **place w here every (thing)** gets **D I V I d e d**

**As the " PATH "** to THIS **ultimate experience** **with Being {u\*n\*I}ted** .

When one **SEES** the " **dARK ness** " **wIth** the **SAME confIdenCe**

THIS " **LIGHT** " we **PRES(u---ME?)** we " **EnJOY** " **illuminates** **with**

**A NEW RADIANCe!**

## # 215 **ONE** Day at a **TIME**

The **MAGIC** I possess **IS** this **day** & **night** .  
I **Have** no reason at all to **fight**  
With a **vibration** **Coming** from **ANY**where **THAT** demands **it's** **right** .  
There's **room** to **grow** so **no** **reason** to get **up** **tight** .

The **PARadigm** of **HaVing** to (**bill** the **urN**) "**EARN**" a **living**  
Gets **turned** on **its** **head** when we **FOCUS** on **giving**  
**WHAT's** **BEST** for **our** **neighbor** - who in **h**'s **REALitY** - **IS** **ME!**  
I **KNOW** ... **THAT's** **HOW** the **TRUTH** **Has** **set** **me** **free!**

No **pains** or **stressors** besides those I **CHOOSE** .  
**It's** no **big** **deal** **PLUS** **perfect** **timing** if I should **lose**  
A **beLIEF** **THAT** no longer **serves** **my** **better** **good** .  
So **onCe** **again** , **toDay** I **SEE** **is** **becomIng** **exACTly** as **it** **should!**

Another **example** how I **prACTice** & **prove** **to** **myself**  
**THAT** **I** **AM** "**in** **chArge**" of **my** **OWN** **mental** **HEALth** .  
**Spiritual** , **physical** , **distant** & **IntIMATE** **relationsHips** **too** ...  
**IncludIng** those **THAT** **turned** **my** **boundry** **fence** **black** & **blue** .

Those are **only** **two** **colors** of the **spectrum** of **light**  
**We** **Can** **only** **presume** **it** **might** be **better** **to** **also** **LOOK** **left** & **right** .  
**now** , **now** **is** the "**time**" **THAT** I **HAve** to **improve** **my** **sight** .  
so **DAILY** ... out of "**Fear**'s **chunky** **ilusional** **BUTT**" ...

**I** **enjoy** **FEASTing** on **another** **BIG** **BITE!**

**RiCh** **Kovatch**

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