

Do you want to know what enlightenment is?

It's with you every moment

It's a back and forth and a back and forth

Letting go of attachments, to yourself, to outcomes, letting go to the way things are...

If I could let go of everything, or I could let go of right or wrong, it would get deeper and deeper & it was amazing...

I could sense the lifetime of judgment against myself, and letting that go...

With thoughtless breath, instant bliss returns, instant infinity...

I didn't transcend my ego, we became partners, we became teammates.

~Trevor Oswalt