Wide Open Spaces Claudia Cummins

May you make the most of your wide-open spaces.
May you use the small, unscripted moments
in your day to nourish and sustain you.

May you have the presence of mind to notice
the gift of these peaceful gaps in your day.
(And when you find them, may you exhale with relief.)

May you use these tiny gifts of time and space
to relax your body and renew your spirit.
(May you not fritter them away with mindless distraction.)

May you smile, breathe deeply, and relax,
and feed your soul with a momentary ease.
May you stretch into the spaciousness around you.

~~~

***Questions for contemplation:*** *How can I make the most of those small moments of peace that appear like tiny gifts in my day? In what ways do I sabotage myself by failing to make the most of these gaps? And how can I use them to nourish and nurture my sense of peace and wellbeing?*