

DIANA RAAB

Here and Now

This peaceful day has arrived upon my windowsill.
as the sun rises on its horizon,
while every joy, tear and fear
passes my awareness begging for attention.

I will invite them all into my heart
breathe them in with a longer exhale,
to be void of that pain they want to instill,
detaching from both good and bad.

Our shadows then emerge,
followed by chagrin
to whisper hello with a smirk
knowing of their impermanence.

Remain thankful for this present moment,
and grateful for whatever unfolds
right now, and on that other side
as we heal in life's sanctuaries.

Diana Raab, PhD, is an award-winning memoirist, poet, blogger, speaker, and author of 10 books and is a contributor to numerous journals and anthologies. Her two latest books are, *Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life*, and *Writing for Bliss: A Companion Journal*. Her poetry chapbook, *An Imaginary Affair*, was recently published in July 2022 with Finishing Line Press. She blogs for *Psychology Today*, *Thrive Global*, *Sixty*

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