**A invitation to Presume Connection Right Now**

So

Wherever you are

Right Now

Just

This Moment

Exactly

As it is

I invite you to let go of

Any presumption of separation

Any presumption of disconnection

Or disassociation

Any presumption that in any way

Your present experience

Your internal present experience

Isn’t ok

And

Instead

To just

Presume Connection

Right now

Presume Belonging

Let yourself presume that you are present

Right now

Just like this

Without needing anything to change whatsoever

And especially if your internal experience

Right Now

Feels difficult

Then even more so

Just inviting yourself to presume

The Ok-ness

The Alright-ness

Of exactly the experience you are having