So whatever’s happening

on the inside of you

as your immediate

direct experience

I invite you now

to presume that it’s perfectly alright

especially if whatever your direct experience is right now

is something that you’re struggling with

you’d rather it wasn’t this way

then even more so

I invite you

Right Now

to presume the Alrightness

of exactly this internal experience

Exactly this state

These thoughts

Or these feelings

These emotions

Or these sensations

Exactly as they are

Just acknowledging to yourself

that they’re actually not up to you anyway

If they were

and you don’t like them

you’d do something about that

so just breathing in to the present experience that you’re having right now

With a sense of

letting it be

Just because it is like this

And then presuming that it’s perfectly OK

That it is like this

And that anyway every state passes

No experience is permanent

And no experience itself is an obstacle

or can ever be an obstacle

to the ease and effortless peacefulness

That comes paradoxically

when we just allow whatever internal experience

Is here

To be felt

To be experienced

So just including whatever you notice with your own attention

As your current condition

With an attitude of acceptance

Or welcoming

Even and especially if it’s difficult

Then remembering that the natural movement of breathing

Of breathing in

And breathing out

Aerates all the internal experiences with new molecules of air

Breathing in

Which is something that’s happening anyway

But just bringing your consciousness to that movement of breath

So that you’re conscious of the new fresh air coming in and the old used air leaving your body

In this effortless

natural recycling and renewing of each moment

This natural self regulation

This natural movement

Letting change happen

Letting experiences come and go

In an atmosphere of

presuming Okayness