

Collect You Self.

Into the Now of Now.

Into the Now of Now collect You Self.

Collect You Self.

Just keep collecting.

From ever(Y)where. From ever(Y)when. From ever(Y)self.

From ever(Y)self into You Self.

Momentbymoment, breathbybreath, nowbynow.

Collect You Self.

Worry not.

Collect into You Self.

More.



More into You Self.

More and more.

Again.

Again into You Self.

Into You Self again and again.

Again and anew.

Anew and anew.

Into You Self anew and anew.

Into You.

Into the Self of You.

The Self of You practise.

The Self of You practise more. The Self of You practise again. The Self of You practise anew.

Just practise. More and more. Again and again. Anew and anew.

Practise You.

You Practice.

Practise You Practice.



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