

# Forget about Enlightenment

by [John Welwood](#)

*Forget about enlightenment.  
Sit down wherever you are  
And listen to the wind singing in your veins.  
Feel the love, the longing, and the fear in your bones.  
Open your heart to who you are, right now,  
Not who you would like to be.  
Not the saint you're striving to become.  
But the being right here before you, inside you, around you.  
All of you is holy.  
You're already more and less  
Than whatever you can know.  
Breathe out, touch in, let go.*