

## The How of Now

The how of now  
could drive you insane  
for now eludes how  
and methods bring pain.

The mocker of effort  
is always at play.  
Whatever you grasp at  
just slips away.

Neither coming nor going  
it's always just here.  
If you find yourself in it  
there's nothing to fear.

So let go of method  
for it's not up to you.  
You have what you need;  
it's happening as you.