A HEART SUTR A Final Distillation

There is nothing to be broken What's the symbolism All emotions are merely emotions = How could any of them be real?

There is nothing to clasp deeply & no pain that merits escape. Each breath is a small miracle so enjoy & be at peace today.

> There is everything worth exploring, yet ultimately nothing to learn. Experience the dance of life slowly & while celebrating humor remember to discern.

> > - T Newfields Beg.: 2000 Nagoya 🔺 Fin: 2023 Yokohama

