

Bourne
toWrite...
creative writing
workshops

How to Disappear

by Sho Botham

Disappear into the present and notice the space around you

Feel the ground under your feet with each step that you take

Hear the sounds of birds on the wing in the sky above

Take a breath and notice the spaciousness inside and out

Watch the fluffy cotton-like clouds as they float silently past

Feel the gentle wind in your hair rearranging it over and over

Smell the seaweed and taste the spray of the sea in the air

Pay attention and notice with your mind, body and breath

Feel the freedom in your awareness of your senses

Just be

In the present, noticing, relaxing, the power of the pause

Just be

Listening to yourself as thoughts and feelings arrive

Pay attention to them without making judgement

Just be

Embracing what you learned in lockdown about aloneness

and just be.