

Be Filled With Wonder – Keep Moving, Living And Being Your Best

[By Brigid Hopkins](#)

Today Is Your Day To BE

Today your breath
May move a certain way
Keeping your blood moving
The pain at bay

Today is your day
Be filled with wonder
Not Why, How, or Who
Only worry about you
What you can do
Keep moving
Living
Being your best

Today will be gone
Flow
In the unknowns
Breathe in the now
Knowing
Today is your day
If tomorrow comes
Ease of knowing
You did your best
Lived today feeling
Listening
Opening
To the wonder
Not stuck in plundered regret

Misguided actions
From old patterns
Habits
Impulse

Today is your day
Claim it
Embrace it
It's new
Just for you
Never to repeat
Be your most genuine
To this moment of today

For more self-study, [The Urban Howl](#) recommends [Letters to a Young Poet by Rainer Maria Rilke](#).

#WONDE

He thought, as the moonlight
swam into the window and lit
her shoulder blades: "There is
nothing more beautiful, than the
way ~~the universe is always chasing~~
you."

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-Christopher Poindexter