

# Home Is Knowing You Are Exactly Where You Are Supposed To Be

[BY REBECCA ESCHENROEDER](#)

Home.

Is it a place? A location?

Is it a feeling? A sensation?

Is it the exhale that automatically rises from the depth of  
your soul, the moment you arrive. . .wherever that is?

Is it the timeless and limitless knowing that you are *exactly*  
where you are supposed to be. . .now. . .and now. . .and now.

Now.

It is where we are. . .always.

It is what we are experiencing. . .constantly.

It is the relief; the comfort when we come back to the breath.

It is timeless; it is limitless; because it is *all* there is. .

.

Now is Home. Home is Now.

***Rebecca Eschenroeder's book, "Collecting Feathers" is  
available worldwide. Order directly from her [website!](#)***

*This poem was originally published on [Great Abiding Yoga](#) and  
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For more self-study, [The Urban Howl](#) recommends [Tears to Triumph: The Spiritual Journey from Suffering to Enlightenment](#)

*Sip a little more:*

*Love...It Lives In Peace & In You!*

*Breathe...These Feelings Of Control Are Only An  
Illusion*

*I Release Myself & Courageously Flow Into  
Clarity*

You are exactly where you are  
supposed to be. Don't feed too much  
into any negativity you are feeling  
right now.

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