

The heart of now

by [Mark S. Burrows](#) in the [October 20, 2021](#) issue

This morning, I headed to
the woods as I do each morning
without a single thought of

accomplishing anything in
my mind, and why should I?
My dog, always eager for

a walk, doesn't ever
imagine some future delight,
but lives headlong into

unknowable possibilities
of joy with a reckless disregard
of order or propriety.

She refuses the press
of anxiety that seems to wait
for us at every crossroads,

holding her head high
to catch what the wind brings,
facing the heart of now

with a glad intention
that lightens my soul with
something like a song.