

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.