**As the year ends and the year begins...**

Trust in what is here, now,  
and trust in what has gone.

Trust that you cannot trust sometimes.  
Trust in your moments of doubting.

Trust the path you are walking,  
and trust the paths you have not walked.

Trust in the moment.

Breathe into the discomfort, the joy, the sorrow.  
Relax into what’s here.   
Settle into this immediacy.

Stay close to yourself.

Have a beautiful 2018, friends.

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**Happy New Year.   
Happy Now. Here.**

In 2018, may you speak your deepest truth, follow nothing and no one but your own unique path with a courage that emanates from beyond mind, be willing to stumble sometimes, to fail, to fall, to not know, to sometimes walk blindly into the night, to love without fear and to love fear if and when it arises...

... and most of all, to be HERE, to keep remembering your own ground, the place where you stand, the place where we can truly meet, before all these words.

Who knows what this year will bring. Who knows. But we are here, friends. We are here.

***- Jeff Foster***

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