

III SPIRIT SPEAK

À PROXIMITÉ - CAP-D'AIL | GRACE

NICOLE BONOMI

Many preach [the concept of] 'flow state' and [yet], so few cull.

Indeed, the 'effortlessness' One has a desire to embody, would allow One to move IN Grace.

[“Embody” - see Etymology, the Latin incorporare
AND: reference to a soul or spirit, "invest with an animate form;"]

Therefore, if One is to hone or preach flow state, One is to come face to face [mirror] with Grace.

[You cannot embody what you do not Know]

One is to meet Grace by the creek. Like Wisdom, Grace is fleeting. Love is not possessed.

[“Fleeting” - see etymology]

To Know Grace is beyond One's desire to be heard preaching upon matters of 'flow state'.
This is an unusual concept today poet, so hear Me and pay attention.

Flow state **IS** Grace.

Effortlessness **IS** flow state.

To achieve flow state, One must Know Grace. (That is all).

And you dear poet, are well endowed with the premise of “a Knowing” in its glory.

Do not preach flow state. It otherwise becomes a 'doing' - not a 'Knowing'. This is not achieving. Say only that “One, in his pursuit for effortlessness, Knows (or comes to Know) Grace”.

[What is in the way of The Knowing? Cull it.]

Nicole Bonomi