

Hello, yes I am a lady. My name is Sharon
though I knew you'd not spell it
correctly!

The title for me few words with you
is "The Power in the Moment". Many
people have spoken to you before on
this topic so I hope I bring a fresh
approach to it.

What is the moment? Does it exist?
Or does it become a moment of the
past before your mind has grasped it?

If the moment doesn't appear long
enough to be so, how can you be
expected to live in it? Surely everything
would be the past, the immediate past?

To therefore live in that passed moment
is not possible. Yet you did.

So how can you truly live in the
moments. Easy!

When you sat in prayer a few

minutes ago, your mind was focused on making sure the words of the prayer were heard by your own mind, rather than just passing thoughts without true meaning.

That focus you used was the ultimate opportunity for you to be living in the moment, then the next, and the next, and so on.

You moved from that collection of moments when your focus changed to picking up your pen.

Then, more moments passed before your focus shifted to my voice in your mind, and you started to write. This valuable time was as close as is possible to living in the moment. But you only recall them, because there is a collection of them together in a meaningful

phase of passing time.

Too many people talk of living in the moment as if it's something different, beneficial or mystical.

Everyone is living in their collection of moments, all day and every day.

Doesn't it strike you as odd that some people make a big deal about it without really capturing the true essence of its meaning?

In a 'moment' I want you to stop writing and take a listen to my message. It's a short message and, for now, you don't have to write it.

Leave a gap and fill it in when I say so. Are you ready?

"THE FLOW OF TIME IS CONSTANT, AND EVERY MOMENT IN IT IS YOURS."

You didn't listen to me. I said not to write it down. But I knew you would because you feared forgetting it. And there exactly is why people don't experience the moment to its fullest.

With practise and purpose, everything you wish to recall from a moment can be retained in your mind, when it has recieved enough focus.

Because you were convinced you'd forget my phrase, you wrote it down. You made that decision because your past dictates you forget too easily. But here's the big secret. Here's the exciting part of focussing on the passing moments. You'll recall them easier.

You see, the next time someone suggests to you that you should

live in the moment, know that they most likely don't know how to themselves and now, you do.

You and I have now shared many moments together. We've lived in them together. We've experienced them together. Nothing more can be expected from you. You've lived in those future moments as they passed the narrow now and passed into your past. Yet you recall living in them.

This is the essence of living in the moment, or better named, the here and now.

Thank you for listening to me
SHABNON!!