

LIVE THE LIFE YOU WANT!
by Carla de Cervantes**Moments**

There are moments in life that I'd like to sear into my memory so that I can call them forth whenever I wish.

Moments when my heart has felt so full I feared it would burst, moments enrapt in the soft warmth of feeling completely at ease.

Moments filled with such excitement that every cell in my body seems to tingle and tremble and race, moments of such unparalleled beauty that I'm brought down to my knees.

Moments when my soul is touched so profoundly that I know without a doubt in every inch of my being that we are all connected and all here to be exactly who we are.

Moments when ideas of right and wrong, memories of the past, fears or plans for the future lose all relevance and fade away because just this moment, right now, in this place, is precisely where I long to be.

Moments when I know from a place deep within me, that everything will be okay.

Moments when I can simply be.

The moments in life that feel this way are moments when I am present. If I can just show up, right now, I can feel this way regardless of the situation I'm in. It's all a matter of embracing whatever is, without wishing it (the situation, others, myself) to be different.

When I find myself pulled into the past or the future, I ask myself these questions:

- Am I losing sight of now because I'm dreaming about the past or the future?
- Is there anything wrong in this moment?
- Can I be here now?

After all, I am here now. This is where it all happens. This is my chance to be alive and to choose to live from a place of love and gratitude rather than fear.

As Ram Dass said:

Pain and separation occur when we regret the past or worry about the future. Here and now is ecstasy.

PLEASE FEEL FREE TO REPRODUCE & CIRCULATE THIS ARTICLE. I REQUEST THAT YOU CREDIT:

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