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In the Moment

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In the Moment

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Why be in the moment ... the here and now.

What is the moment?

The moment can be friendship

The moment can be delicious

The moment can be a connection

The moment can be historical

The moment can be warm

The moment can be cold

The moment can be supportive

The moment can be beautiful

The moment can be blissful

The moment can be exquisite

The moment can be spiritual

The moment can be fleeting

The moment can linger

The moment can be frightening

The moment can be damaging to the soul

The moment can be damaging to the environment

The moment can be painful

No matter ... The moment is mine

It is precious

It is pure

It is gold
It is a gift ... my gift
I must not give my moment away
I can share it
Shared, a blissful moment is sweetened
Shared, a painful moment is soothed
Shared, a moment grows
Shared a moment can last forever
Shared the moment is ours
Let us not permit the moment to pass us by
Let us not have the moment slip through our fingers
Let us embrace the moment
Let us be blanketed in the moment
Let us savor the moment
Let us flourish in the moment
Let us praise our Creator for the moment
Together ... Connected ... In love ... In spirit ... Always



Constance Drojak
(Mother of student, Rachael Drojak)