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In the Moment

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In the Moment

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In the Moment

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)