

BE PRESENT

[Posted at www.loveshift.com]

Be present. Present to what? One answer to that is to be present to "where I am" and then the answer to "where I am" is forever expansive. Always expanding. So this meditation is going to try to touch on one little aspect about "where I am."

And so to meditate, one way to do it is to just stop. Put everything on pause. Be still and become present. Visualize yourself in bed, asleep. You awaken, it's morning. Become present to the beginning of a new day. See the dawn, the sun, bringing its light and energy and warmth. Be present to the air. Breathe the air. It is always there. See blue water, lakes, rivers, oceans. See land, fields, valleys, mountains. See trees, colorful flowers. See many, many creatures living on the earth. See the whole earth. Become present and have a sense of gratitude for all life. This is home.

Become present to the journey you have been on that has brought you to this moment in time. You've come from stardust and you are here now. For over 13 billion years, you have been travelling this journey. This journey of change, evolution. Be present to the mystery and the wonder of it all. Be present. Go deeper in thought - deeper and deeper inside. You are woven into the very fabric of this magnificent whole system. Sense the connection to what is true, beautiful, and good. And there see your face. You are one. All is one. Be present. Remember where you are. Now that you are present, you are ready to live the day and ready to say, "good morning." "Good morning."

By Virginia Fitton