



## *This Moment*

*This moment now:  
An opportunity waiting.  
Welcome it in and  
Feel the vibrating.*

*Wherever you are  
Get rid of the should.  
Accept what is here  
And rejoice in the good.*

*When you get up to walk  
From here to the next room,  
Take each step on purpose  
With your mind well in tune.*

*If you open the fridge,  
Do it slowly with care.  
Pick up the bottle and  
Really feel the glass there.*

*Can you hear the birds chirping  
Or the cars going past?  
BE still in this moment,  
You know it won't last.*

*When we are aware  
Of each moment that is,  
This life is more precious  
And not lived in a whiz. ©*

Jen Compton  
[www.jencompton.com](http://www.jencompton.com)