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NEWSLETTER FOR JULY, 2007

Welcome to my newsletter page. This is where I write about all the aspects of health and healing. Here, in each new newsletter, I tell you about some new and different idea that can really help you on your healing path...

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Any Moment *by Linda Lemire*

In this day and age the moment is all but lost as we fly from one thing to do to another. We hurry to get as many items on our check list checked and as many jobs accomplished as quickly as possible. I have just realized that I have all but missed several of the past years, especially the last one. It is so easy to get so involved with what we have decided that we need to do that we lose that most precious moments in our lives. Then we pine after and lament about how time flies and how there just isn't enough of it. I think that I am the one who has been flying – not time and there is plenty of it. Time has always moved at the same speed. Trees flower then fill in with leaves then drop their leaves and sleep. All of this takes a full year. If I were a tree I think that I would probably be forcing the blooms, leaves and rest that are all important parts of the cycle of life into one of the seasons instead of four of them. What is it about us humans that always push the ticket? Let's get back to the moment – the precious moment. Let's enjoy each unique and special moment.

Any moment can be the moment in which a shift happens, change occurs, or healing unfolds. The moment can come to anyone, at anytime, in any place, under any circumstance, without any conscious input or effort on the part of the recipient. The moment is so precious, so sacred, so divine, and, so often, so subtle, that unless we are alert, the moment can be misinterpreted, ignored, denied, or missed. Not to worry!

The divine authority that births the moment in and through us, guarantees that we will encounter the moment again and again as required or desired. Any moment that is the moment is not the only moment, so we never need to fear or fret about an unacknowledged or unrecognized shift, change, or healing opportunity.

All too often we waste the moment, worrying about the moment, believing it was the only moment. Rest assured, whatever the moment offered in that moment will be represented in another moment. Just ask Lydia. She spent twenty-three years on the street, in the throws of drug addiction. That represents 12,088,800 missed moments. Then, there came a moment of surrender, when resistance and fear were overwhelmed by the power of a vision. In the moment Lydia made a choice, a decision, that all of her future moments would be experienced as holy. She said yes to the moment, to her divinity and to the divine inspiration that is available to us all, moment by moment. Lydia calls it a second chance. A miracle! God calls it love. Enduring. Eternal.

Omnipresent.

Like Lydia I have hurried past millions of moments and not given them a second glance as I am sure we all have. Wow! Now that is a revelation. But like Lydia we still have each new moment that keeps popping up. Which ones will we pick to begin healing and loving and being more of who we were meant to be? We have our choice of millions of them and they all come ready to be the magical moment that we have been waiting and watching for. And each one comes with the promise of a deepening in our lives – a richer experience of our lives.

Now, there is one pitfall of the moment. It is the belief that the shift, change, healing, renewal and grace of the moment are supposed to last forever. As a result, we hold on to the awareness, inspiration and the illumination of that moment long after its presence and power has passed. We fail to realize that every moment offers a deepening of the previous moments.

A new way of thinking, being, living, learning, growing and healing is just a moment away. Any moment can be the moment. What a blessing!

May we all slow down and recognize more and more of our moments as the blessings in our lives that they are meant to be. May this new month and season be blessed and filled with peace for you and me and all of the people of this wonderful planet that we call home.

Blessings to you-all!
Linda



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