



# Embracing the Truth of Your Divinity

## *Living in the Divine Moment of Now*

When we live in the present moment we are embracing our Divine Self and allowing the truest expression of who we are to have voice. This expression is our Authentic Self, the quiet one that *Knows that it Knows* and is willing to feel ALL and then release ALL in joyful passion.

How can we not Be the Divine expression of ourselves when our thoughts and energy are met in the moment of NOW?




Keeping our thoughts and energy focused on what we are doing in each moment, will keep the past in the past... and the future in the future. Whatever we Do or Be in the Now will intensify with the energy and consciousness of our focused awareness. This potential allows the NOW moment of *No Time* to fully embody its experience resulting in peaceful creations.

We become Conscious Creators by giving the Divine Moment of Now all of our attention. This is when Acceptance shares its magic... allowing the past and present to come together into the blissful state of *Nothing else Matters*.

The simplicity of this is amazing. It sounds easy... yet our thoughts and emotions tend to interrupt these special moments with their perceived importance and urgency.

I had the opportunity to practice these states of *Now* and *Acceptance* due to an injury I experienced in 2016. I tumbled off a step ladder and landed hard and heavy on my right heel. The pain was excruciating. All of my attention was focused on my foot... I had no choice! My attention and awareness remained on my right foot as I nurtured it, and learned to maneuver with crutches. This went on for several months and was quite a lesson in and *living in the moment*.

 I accepted my circumstances and allowed myself to experience the many emotions and thoughts that bubbled up from within. They floated easily to the surface in the Now moment. As these thoughts and feelings emerged I began to perceive energy dynamics at play. Familiar feelings and thoughts were displaying an *aspect* of a past me... one that I thought no longer existed. Where had *she* been hiding?

I experienced deep contrasts in feelings and thoughts. These ranged from helplessness to capability, from depression to happiness, from fear to love, etc. These extremes of polarity were playing out in my thoughts and emotions. There was even one vivid moment in which I had no will to live.

I continued to accept and to breathe while consciously trusting that this process would allow unresolved thoughts and intense emotions to merge in the middle and become *Nothing Now*. At times it was quite comical watching myself!

I am very grateful for this opportunity that allowed me to come face to face with outdated thoughts and emotions that I consciously didn't even know existed. I now understand how these unconscious thoughts and emotions were playing a subjective role in my *creating* process.

I also have a greater understanding of energy and know that it always seeks its balance... through one experience or another. I can choose an easier experience by Being Conscious in my actions and Being in the Divine Moment of Now.

Being Aware in the *Now* allows the potential for healing and change at a far deeper level through the natural resolution of old energetic patterns of cause and effect. Healing of the past and future can occur, as well as the healing of present physical and emotional wounds. ***Now... How does it get any better than that?***

**Following are a few tips to help stay in the Now moment:**

- Place a card with the word "NOW" over the actual time on your clocks.
- Breathe deeply to stay present and well grounded.
- Passionately enjoy one thing at a time.
- Do *it* at a slower pace.
- Spend at least thirty minutes a day in nature.
- Make the decision to *not look to the past*.
- Make the decision to *not look to the future*.

*I will meet you in the Divine Now Moment...*



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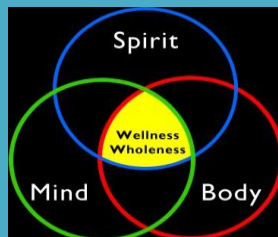
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**~ Enjoy a Retreat for All of You ~**



*"The night is young... the trees are full...  
the birds are on high... the tunes are ringing...  
The Time is NOW..."*

*~ Zientah ~*

