

# In the Moment

If you look around the trees are budding and blooming and the beautiful birds have shown up, Robins, Cardinals and Woodpeckers to remind us that Spring has officially arrived. However, the weather has been slow this year to show itself bringing many a sense of disappointment that the weather does not match the season. We anxiously wait for Mother Nature to cooperate, expecting life to move at our pace and becoming impatient.

This is the cycle and pattern that many follow, always rushing the process to move ahead at full pace never enjoying the process of getting there.

Do you remember the old commercials with the Owl, "How many licks does it take to get to the center of a Tootsie Roll Pop"? Did you enjoy the lolly pop or did you rush to get to the center quickly?

How many times have you rushed to get somewhere or to something?

We often live life in a hurry, rushing ahead to get from here to there while missing the process that takes us there.

You miss the best part when you speed through life only focusing on where we want to be instead of where you currently are. "Life means existence" Life itself is the experience of getting there and where the true meaning and opportunity for growth takes place.

Don't miss life because you rushed it, dreaded it and did not stay in the moment. Enjoy it all, Enjoy the process!

## Daily Affirmation

I enjoy life and live each moment to the fullest!