

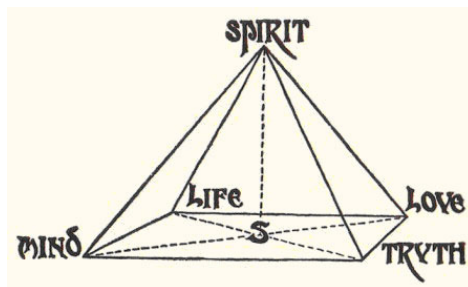
# Appreciating the Moment

Focus your attention inward and ask the question, then go beyond the question to being in the Moment:

*Am I aware and conscious of this moment?*

**Am I grateful to God, the Great Law, for the Beauty of this moment?**

Other questions you may want to consider in this or another moment, and then be in the Moment:



**Am I aware of Being One with All Energy, Wisdom, Truth, Love and Spirit?  
Is there truly any reason to be anything other than happy?**

**Am I releasing negative thoughts and feelings,  
letting them pass me by, even in the midst of pain?**

*Am I compassionate for others?*

NOTE: Consider making several copies (or cut into strips) to stick on your refrigerator, at your desk, on the closet door, on the garage door entering the house, in your wallet - anywhere that you may go to daily in "automatic mode"!