

Cherish The Moment

Written by Joyce Gedeon
Thursday, 10 July 2008 20:16 -

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Take a deep breath and fill your lungs with just this moment.

There isn't anything that you can't abide

When one resides in this place of being.

Why would one dwell on what may come?

Or be in past sorrow.

Embrace the moment and recall that

All change is in every cherished moment.

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We've heard of plagues, wars, and death

With fears that this may be next on the horizon.

In this moment take a breath

And be grateful when it's followed by another.

Oh moment what a gift you are

When we embrace you with open heart.

You make it easier to be close with another

Forgetting past wounds or fears there may be trouble.

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When you look into the mirror or the eyes of your beloved

Cherish the moment,

Love yourself and one another.