

IN THIS MOMENT

In this moment I am safe.

In this moment, I allow myself to feel the ground beneath me.

In this moment, I feel the air around me.

In this moment, I feel the breath within me.

In this moment, I allow myself to feel life flowing to me and through me.

In this moment, I look around the room and I notice what is right in front of me.

I notice what I am hearing.

I notice any sensations that arise within me.

In this moment, I notice all my disturbances, yet I do not get pulled into them as I simply stay with my own breathing, letting it anchor me.

In this moment, I am aware that my *self*-awareness is my foundation for conscious choice, and I am developing that at this very moment.

In this moment, I give respect to all of life and claim the same good for others that I claim for myself.

In this moment, I step into an expansive attitude of appreciation and acceptance.

In this moment, I ask for what I need, knowing that it is my birthright to receive as it is the birthright of others.

In this moment, I am here to support the greater good of everyone whom I meet, knowing that as I do, I am supported and uplifted by and in the knowledge that my abundance is not scarce; it is limitless.

In this moment, I allow myself to be illuminated by this knowing and I choose to be a light for others.

In this moment, I *am* safe. *And* present, *and* brighter, *and* stronger than I have been, and I trust that this experience will only deepen the more I pay attention to it and the more I invite others to know it for themselves.

~ Catherine Duca