

The Eternal Present

Surrender to the energy of now, to the gifts of life available in the present moment, feel the new energy pouring through into your awareness, illuminating your mind, uplifting your heart, and inspiring your dreams, as the sun, reaches out to you through the clouds, promises hope, the renewal of life, and the beginning of a new day. Imagine or stand facing the sun, and become open to receiving the sun's limitless energy, and life affirming properties, of abundance and joy, and as these blessings flow into your life, awaken to your present moment awareness, where new beginnings can be realized, transforming your life into limitless joy.

As the day is new, so are you, in every moment. Feel and imagine your dreams unfold into reality, and fill your heart with new life, raising your awareness, to a new positive state of being, uplifting your senses, and healing your mind, body, and emotions. As your heart expands with compassion, you may feel a new sense of ease with the world, and experience a deep sense of inner peace. Breathe in loving light, into every part of your body, feel this light healing every part of you. In every moment you can awaken to this and be filled with infinite love and peace.

The abundant universe reaches out to you, always, with a loving presence, and infinite blessings of peace and love, which flow effortlessly towards you, and as you open, to receive, and invite this into your life, you open up to all of the possibilities in the present, and the new rushes in to greet you with fresh vision, and insight, healing and transforming your mind, body and soul. The new day always brings hope, love, forgiveness and joy, the promise of all things renewed. May these blessings heal and transform your life.