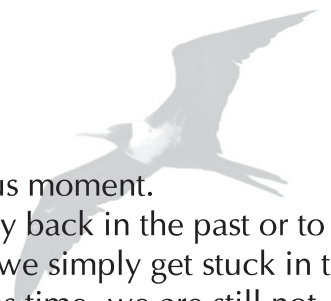


Positiviews

This Precious Moment



All the joy and happiness of life- we experience only in this precious moment. In our minds and imaginations we can drift off to some memory way back in the past or to picturing how something is going to be in the distant future. Even if we simply get stuck in the minute that just was, or are anticipating what is to be in one minutes time- we are still not 100% fully “present”.

Consider this- we experience all five of our senses; sight, smell, hearing, taste and touch only in this moment.

It’s true, we can recall the beautiful smell of Shabbas challos, we can picture the heartwarming sight of children dressed in their best around the Shabbas table, we can recall the joyous sound of Shabbas zmiros, but when we “see” all this, we are “seeing” it only in our “minds eye”- right now in this moment. The warm feelings we get, all are taking place right now.

The pleasure we experience sitting in the warm sunshine, watching its rays glistening through the leaves, hearing the birds chirping- we experience only right now. The more we are open and fully present- the more we are able to enjoy it and take it all in.

Small children know the secret of being alive. Life is so simple when we don’t disconnect or block ourselves from experiencing it.

The Arizal teaches that in all of existence and in all of history this moment never existed before and will never ever exist again! It appears on the horizon of time, it comes into focus, it’s “born” into reality, it exists for only one moment, it passes on, fades away and disappears for ever, never to return.

Be sure to be fully present to enjoy it and experience the exhilaration that comes with being alive! Take a moment to fill you lungs with a full deep breath. Release it slowly. Allow yourself to relax and connect to where you are right now, feel all of your five senses, slow your mind down. You may just be surprised to discover how amazing it is to be fully connected and present to this precious moment!

Submitted by Yehudah Shul