

The Present Moment (Poem)

A warm welcome to you,

This poem reminds us to seek awe and wonder in the present moment. This is a favourite in my mindfulness meditation groups.

You can enjoy this in a number of ways:

- Read it to yourself silently or aloud.
- Watch the video poem here on my YouTube Channel:
<https://www.youtube.com/watch?v=IVUGuK3NuZs&feature=youtu.be>
- Share it freely with others.
- If you are a mindfulness facilitator, this is a lovely passage to read aloud to your audience or play the video poem for them so you can sit back and participate too.

Facilitation tips:

- A really nice time to do this is after a meditation has taken place but before you end your session. It leaves the audience with a beautiful sense of presence to continue their day.
- Before you recite the poem, let the audience know that after the poem ends, you'll leave about a minute of quiet time. This is allow them to more fully feel the benefit of the poem.
- This needs 3 to 4 minutes to recite.

I discovered this script from an unknown author then made modifications, lovingly.

I hope you enjoy cultivating mindfulness in your daily life.

Warmly,

~Wendy Quan



Mindfulness Facilitator Training & Certification, and Dealing with Change Mindfully

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Poem:

The present moment, as small and brief, as it may seem
a blink of an eye,
a flap of a butterfly's wing,
a single breath,
is more real than any thought we've ever entertained.

A thought is just a thought, and nothing more.

The present moment is the only place where we really are,
It's more alive than our past can ever be,
It's more alive than our future that hasn't yet come,
and we have so much to lose if we let it get away.

This is the fleeting window of time
where choices are made.
Because what we do in this present moment
Affects the very next moment.
and becomes the direction
we choose to go.

If we wait for the right time,
to follow our dreams,
to tell someone
that we love them, or forgive them,
then that opportunity may never happen.

In the present moment
our fears and worries,
can be met with soft acceptance.

A thought is just a thought, and nothing more.

The present moment, as small and brief, as it may seem
a blink of an eye,
a flap of a butterfly's wing,
a single breath,
is more powerful
than we can imagine.

If we take a pause,
we have so much to gain.
We move from doing, to being.

So in this present moment- right here, right now,
breathe.