

## All You Need Is Here

### Description

Breathe in the perfection of this moment...

#### **THIS Moment.**

Not a moment tomorrow or next week or in an hour or even five minutes from now...

#### **THIS Moment.**

Not a moment when there is a perceived need... a need for something to happen or to accomplish something or for something to come to you or for someone to do something.

Not those moments...

#### **THIS Moment.**

Where there is nothing you need. Nothing to be done. Nothing to be accomplished. Nothing to be received. Nothing for anyone to do... especially you!

Breathe into this moment, right now, as you read these words... trusting that all of your needs are met, right here, right now.

Breathe in the peace of this moment.

#### **The Peace of the Present.**

Let this Peace give you a little break. A little rest.

Take this moment to pause and let go of the scramble and struggles and fears of your life.

Let your body, your mind, your spirit, your soul take in this Peace. Breathe it in.

#### **Let it infuse your Being with Peace...**

So that when you turn your attention back to your life and the challenges and struggles you face you can bring some of this peace with you.

This Peace that you will carry with you back into the doing of your life will allow you to be more receptive, more open, more creative.

Whatever challenges you face... this Peace will open you to new possibilities, new ideas, new approaches that will bring a deeper experience of ease and grace into your life.

**Breathe in the Peace of this moment...**

**THIS Moment...**

And know that you are held, that you are loved, that you are not alone as you take the next step on your path of awakening.

**Category**

1. Personal Development
2. Spirituality
3. TRUE Abundance

**Tags**

1. Awakening
2. Breath
3. Inspiration
4. Personal Growth
5. Spiritual Growth

**Date Created**

2017/08/30

**Author**

mikayalaja\_ccfz7c

default watermark