



BEING IN THE NOW: Loving Being in the Now! By Penny Calcina

What is it about the yearning for the Now moment that terrifies us? Mystifies us? Seduces us? Calls us back again and again?

It is that organic state of being that is a cellular sense of home, a mystical sense of the heart of self, whose wisdom and presence has never left us that beckons us, “Come”. Being in the Now is simply remembering. Some would say “re-mem-bering”. Coming back into the awareness of being part of something much larger than ourselves. Isn’t that a large part of the sense of coming home?

As we raise our awareness around the feelings of presence and invite the experiences of Doing Less, Sinking Deeper, Surrendering More and Just Breathing, we create a remembering of what the body already knows. It is an amazing universe unto itself that is composed of inner mini universes and is part of larger universes of frequency and light, all flowing within the consciousness of One, and on and on. Infinite.

Too big? Relax, breathe, feel the stillness that rests in the vibrant core of you. Let the mind hang out and observe for a moment as you breathe in those words – re-mem-bering, mini universes, frequencies and light, consciousness of One, Infinite. They are the Now moment. They are parts of those yearnings that call us to once again find their presence.

The organic state of being is the home and playground of Being in the Now. That which we truly are never gives up on us. The deep truth of our inner nature and mystical presence never forgets. It waits patiently, until the yearnings grow deep enough and urgent enough that it begins to call out to us, quietly at first and then more and more loudly until we cannot ignore it any longer.

We are Whole Beings. The desire for the experience of the bounty of that Wholeness is strong. You know, innately, where you are in that grand cycle of remembering. You also know that the cycle is never complete. A whole new round begins as the last one completes. Infinite.

As we wake up to the awareness of this Whole Self it can seem overwhelming. I invite you to pause when it does; pause and just Be. Remember to Do Less, Surrender More, Sink Deeper and Just Breathe. Be kind and gentle with yourself; smile and love all parts of You unconditionally. It begins each time with a moment, a moment and a choice of Yes. Say yes with childlike eyes of wonder and soft, yielding presence of Love. It all begins in the presence of Being in the Now, one breath, one moment at a time. Enjoy!