

# Thoughts to Ponder

## Now Is All There Is

August 2006

[www.jeanwarner.com](http://www.jeanwarner.com)



Today is the *now* in my eternity, a moment in time that cannot be duplicated. Never again will the exact circumstances or environment enfold my day. Never again will the clouds in the sky, the plants of the earth, the birds in flight, or the people around me, appear exactly as they do in this *now*. Nor will I ever have the same thoughts, feelings, and persona as in this moment in time. Neither will the combined sounds and wind and scents surrounding me ever replicate those that touch my senses in this moment of life's ever-changing expression.

Yes, today is a blessed day, a unique and special day. It is yesterday's tomorrow; it is tomorrow's yesterday. If I disregard the value of this instant, or am unaware of its potential to impact my soul's evolvment, how will I be able to attune to the uniqueness of my tomorrows and harvest their spiritual gifts?

Today is a good day to start building new habits. I have never-ending life ahead of me. I have eons of life behind me. The life behind me is past and not important. Why not start now to live more fully, more productively, to make a new start? Every *now* is a starting point. At any moment I can change my perspective. I can disregard old patterns that have not been fulfilling or have not contributed to my growth. I can start anew to form new standards more in line with who I am in my true reality of self. I need not be held stagnant because of old belief systems or old values.

Each morning when I awaken I am born again into a new world of opportunities, a new world of choices, of challenges, of new paths to follow. Each day is a new beginning. Each day I am a new *me*. I have turned the page, and the one that lies before me is blank, a clean slate to fill from a fresh vantage point. Why would I want to fill this enticing blank page with repetition?

It is hard to realize that so much of the world is in turmoil. People are dying to make it better. People are killing to make it better. *The sky is a beautiful blue today.* Much of our world is in a state of chaos. Is the dying helping? Is the killing bringing about a better life? *There is a quiet peacefulness in the breeze.* I feel totally removed from all the terror, the misery. I am not in that part of the world. It is hard to relate. *The grass is so green!* My heart aches for those who are suffering. Are we truly in the same world? How can that be? It does not seem real. It is but pictures on a screen. *The people walking by my house are smiling.* My world is calm and beautiful.

It's all right to be detached. I refuse to be a part of chaos. *A mockingbird is warbling.* I can create my own peace. I will picture the entire world as peaceful and beautiful, and that out-picturing will manifest. I want everyone on Earth to have the same calm and lovely world that I am living in, with smiling faces and light hearts. *The sun is setting; how rosy the sky is!* There are beautiful people all over the world. We can make our planet a wonderful place to live. We can do it through our imagery, by seeing our world as lovely, united, joyful, and bountiful. Thoughts are powerful! They are creative. We can do it!

Tomorrow will be another now. I am not concerned with it. The brief thought of it is inviting, a new and unknown page to fill. It holds its own secrets. It cannot duplicate today. It, too, will be unique.

I let my thoughts and senses return to this moment, the eternal now, the only time that is. So I must be fully aware of it, cognizant of every sound, the feel of the air, the shades of color and tone of my surroundings, the whispering of the wind, the energies around me, the hum of the universe in my ear.



### Promise of the Dawn

Each day at its dawning births its rare treasures,  
its challenges, mysteries, sadness and pleasures,  
as each day discloses its magical plan  
to waken the soul in its brief little span,  
with sounds and aromas and feel of the Earth,  
which give to a person a sense of rebirth.

Serendipity daily uniquely abounds  
with its patterns of colors, aromas and sounds  
to soothe the emotions and quiet the mind,  
as colors and scents and harmonics combine  
with lovely sensations of sun, rain, or wind,  
caressing the body to stir life within.

With each day's new challenge and each day's reward,  
our soul reaps the harvest of gifts from the Lord.  
So rejoice and give thanks when a new day is born,  
for the soul's evolution expands with each morn.

### A Sunrise

Today's a day to live instead  
of feeling dreams are unfulfilled,  
while focused on the things I dread.

I'll rise and quickly leave my bed,  
lest all my fears begin to build.  
Today's a day to live instead.

For feet that sometimes feel like lead  
were meant to dance, and heart be thrilled,  
not focused on the things I dread.

My heart would sing if it were led,  
my glass, half empty, be refilled.  
Today's a day to live instead

of hoping proper words be said  
to resurrect the joy I've killed  
while focused on the things I dread.

So I'll forget the path I tread  
that made my life seem unfulfilled.  
Today's a day to live instead  
of focusing on things I dread.

Poems from SECRETS EXPLORED, Book One, by Jean Warner, OPA Publishing 2006