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**Every Moment Is Perfect**

**By Helaine Iris**

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Helaine Iris

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"If you want to make God laugh, tell him your plans". --My father

This morning I woke up to rain for the sixth day in a row. It's cold out. It's the end of May, it's supposed to be spring. All of my vegetable seeds and young tomato and broccoli plants sit patiently in the garage awaiting the tilled earth. I was planning to use this 3-day holiday weekend to plant my garden. Now, I can't!

Last weekend I went to visit my family in Florida. The trip was planned for months. I'd been looking forward to seeing my family and getting some well needed warmth and sunshine. Suddenly, two days into the visit, my parents got called out of town for an emergency. Our visit got cut short.

Two disappointments. Two reasons to be grumpy and wonder, "why me?" I noticed a theme here. I was getting tweaked over plan changes.

With these disappointments, I realize, I have two choices, two opportunities to look and wonder what the opportunity for growth and freedom might be.

I can either stay stuck in the grumpiness that things aren't working out the way I want. Or, I can look into what is beneath my frustration. Once again my stress comes down to my desire to want something to be different than it is. I'm often so attached to my plans I'm not flexible enough to see the perfection in what truly is in front of me.

How are you stuck, or attached to your plans working out a certain way? What opportunities are you not noticing?

## Every Moment Is Perfect

Here are a few tips that helped me find the perfection in my circumstances:

1. Acknowledge the disappointment. It's there. Give yourself space to feel the natural disappointment present when things don't work out the way you want. The more you resist what you're feeling the more of it you'll feel.
2. Become an observer of reality. Ask yourself, "What's real in this moment?" The more you can experience reality for what it is and not take it personally the less subject you are to it.
3. Ask yourself, "How might this situation be perfect, even if I can't see it now?"
4. Be willing to listen and be open to spontaneity. Be curious about what else is possible.

This article is the result of my willingness to find the perfection in a cold, rainy May day. As far as my Florida trip went, I wound up having two unexpected and glorious days of quality time, with my grown son, truly a precious gift.

I continue to perfect my relationship with this ongoing challenge of accepting and flowing with reality as it presents itself. I am encouraged by knowing whatever happens will, in fact, be perfect.

It's YOUR life...imagine the possibilities!

Helaine Iris is a certified Life Coach, writer and teacher. She works with individuals, entrepreneurs, and professionals, who want to integrate their life purpose with their personal and professional life to create a life that's joyful, fulfilling and successful. Are you ready to take a step that could change your life? For a complimentary session visit her website <http://www.pathofpurpose.com> or call her 603-357-8546 or email her [helaine@pathofpurpose.com](mailto:helaine@pathofpurpose.com)

### **Each Moment Is To Be Treasured**

**By Robert Taylor**

Let us grasp and treasure each precious moment of our lives. The previous moment is gone and the next is on its way. In truth, all we ever really have is this exact, precise moment in time.

It is what we choose to do with each moment that determines what our future will be. This moment, now, is in our power. We use this moment to decide what we will do in the next moment, and it flows into the next moment.

We have no power over what has already happened and cannot foresee the future. Take the lessons learned from past moments and apply them to the current moment. Forget all the rest because it is in the past and nothing can be done to change it. What we do now will have some effect on our future, however we cannot predict the outcome with any degree of certainty.

## Every Moment Is Perfect

In view of the preceding, take each moment as it comes and squeeze it for all you can get out of it. Even the most dreadful of times are bearable when taken one moment at a time.

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