

The Present is Gift

*I was regretting the past
and fearing the future.*

*Suddenly God was speaking,
"My name is 'I am'". I waited.*

God continued,

*"When you live in the past,
With its mistakes and regrets,
It is hard. I am not there.*

My name is not 'I was'.

*When you live in the future,
With its problems and fears,*

It is hard. I am not there.

My name is not 'I will be'.

When you live in this moment,

It is not hard. I am here.

My name is 'I am'".