

Expanding the Present Moment.



Maya at 5

Conjure an image of yourself as a child. See yourself, feel yourself, remember everything that was quirky and unique about you, even the difficult parts or parts that did not flow in the world yet.

Calling in your full self in the here and now, standing in your creative power and the potential that is always present in the moment where you are NOW,

Speak to the child that you were. Speak the words that who you are now needs to say to who you were then. Speak the words that who you were then needs to hear from who you will become.

Comfort. Soothe. Validate. Acknowledge. Support with love. Know that love is mobile and can flow in all directions at all times regardless of time and space. Love is *freee*. You are *allways* you. You are eternal.

Now imagine your elder self. Imagine 10, 20, 30, 50 years from this moment. Who are you? What have you carried? What have you created? What wisdom lies within? What wisdom has always been within? Listen.

Speak to the person you are now. Speak the words that who you are now needs to hear from your elder self.

Magically, what I've found so far in workshop, is that they are often very similar or related words to what we need to say to our child self. We are always and forever ourselves, becoming, healing, creating.

This constant self is available to be present now.

Now sit with your full self. *bodyheartmindspiritunknown* vibrating through *familycommunitysocietyhistoryancestryunknown* fully present, full of stories and valuable wisdom and experience. Feel the creative power coursing within you from the moment you arrived on this mamiearth, through your childhood, your entire life until NOW.

YOU ARE STORY. Your ancestors, you and your family's place in history and society are all alive within you. Everything within you is part of you. We need your voice to complete the song, to be a whole people, to know who we are. We need everyone to be present to change our world.

We need you.