

The moment within the moment by  
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As the big wooden door opened, I could  
feel my inner world changing, I took a big  
breath like it was the

first breath I have ever taken, just like  
when I came out of my mother's dreams  
into this amazing planet. the

aroma of patchouli and maybe some sage  
filled my lungs who expanded wanting to  
grasp more of the

goodness.

My friend Joy greeted me whispering –  
HEY LOVE WELCOME - what followed was  
the warmest hug she ever gave that day,  
with

slow breath we greeted hear each deeper  
while listening our heartbeats sync as one.

As I looked around the rest of the  
meditation family smiled at me as they  
moved deeper into their matts

stretching their tippy toes towards me and  
waving very slowly with their hands like  
they were being

pulled towards me, as being sucked by gravity force of unconditional love and in silence closing their eyes but

leaving their smiles on, they moved side to side like dancing with the space around us in harmony.

the visibility in the spacious room was very limited the lighting came from tea candles that were place around the beautiful altar in the center of the circle, the ladies

had arrange it with colorful flowers, candles and clear glasses filled with holy water in honor to our great mother.

So immerse in the moment I had forgotten to find my space in the circle, then find that Joy had saved me

the coziest place in the circle, right next to her.

I started to prepare my space placing a soft but somewhat firm pillow on the beat-up beach chair that will be

supporting my back this evening, placed some fuzzy blankets over it and began to sink my back

slowly into the made on the fly mediation

station which has taken a few times to perfect the right positioning of

each component to bring into alignment for a comfortable upright seated position

When the music started playing I did have a few thoughts flying around in my mind, but when I heard that

song, oh wow that song became instantly my favorite song, a mix of healing sounds mix with ocean breeze, and maybe some flute sounds or windchimes, I don't know

what it was, perhaps it was my desire to escape the daily struggles of my physical

existence or just the

harmony of our breaths in perfect rhythm  
with each other but my mind just opened  
up and I was not longer in the loud and  
crowded city

, now I was walking by myself but  
connected to all in a distant place, the tall  
grass was caressing the tip of

my fingers as I walked by them unnoticed,  
the sun was bright orange panting the sky  
behind him in shades

of colors unseen by me before even though  
it was not a sunset, it could have been

my heart slowed down like he also wanted  
a peak of this moment, as I took a another  
step

started to weep, then felt the cool ocean  
breeze in my face singing love songs to my

cheeks while drying my tears, there was no  
ocean anywhere I could see, I was on a  
hilltop just

watching tall grass move side to side with  
the wind, the ground soft but safe to walk  
on, as I took

another step my feet held to the dirt with  
the strength a mother eagle holds her pray  
to bring to her

offspring.

While lightly walking in this everlasting  
moment flowing with the wind and being  
one with the tall

grass around me came to realize i was not  
holding on to the ground beneath me, I was  
holding on to the

present moment and as beautiful and  
perfect it was, is time to let the next  
moment be

maybe to accept all of it, every part of the creating even when is loud and crouded even if sometimes does nor smell like ocean breeze.

Joy did hold my hand as a wept, this was not more that a few second between inhaling and exhaling, she welcome me back to the space sinked deeper into the beat up chair cover with fuzzy blankets because I knew this magical place was always there to greet me with

jasmines or ocean breeze aromas. This is my happy place is the place I call the present moment or the moment within the moment.

