

A thought of the day in passing . . .

Life is wonderful.
And life is terrible.
And at no time is that to become more obvious than NOW.

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*Entries will appear daily on the last week of 2009.

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ENLIGHTENMENT

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ENLIGHTENMENT

by Tara

LIFE

is a miracle.
And inherently disappointing.
Every high, followed by a low;
Equal in strength and opposite in direction.

That is simply its nature.
Accept it on its own terms to be happy.
And if, without expectation, you cling to neither,
You are – happy.

That life, minute by minute, appears and disappears,
That it is at all . . . is a miracle.
Appreciate it . . . each moment . . . just as it is.
And be happy.

That you are here to see it,
That you exist at all is the miracle.
Know this . . . and in every moment

BE HAPPY!

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