



Strong from Within

Transformation Forum with Ann Strong

Module 8 Awareness Assignment – Inside Out

Day 21

Be Here Now

As we close this 21-day series, I felt tempted to make it a 365-day series! I had so much more to say. And then I had an insight. This conversation is both deceptively simple and deceptively deep. But not in a talking-into-the-wee-hours kind of deep.

The experiencing of this 21-day conversation holds the power. Not the talking.

Thoughts create our experience. In any moment, we are only one thought away from our own personal heaven or hell.

As I sat on my beautiful front porch this morning, I experienced one of those shifts myself. I've had a thought, a group of thoughts about how I don't like to live in the suburbs. Since those thoughts invariably take me to a low mood, I decided to see what other thoughts were available to me.

As I sat there on the porch, I didn't even hear thoughts. I simply took in the cool, early autumn breeze, the deep green of the evergreen tree and the shimmering green of the maple tree, the warmth of the sun and the bounty of our huge front porch that serves as a beautiful outdoor living room and dining room. I even experienced what I had previously named a headache as simply, energy in my head.

No naming and judging "suburbs." Simply experiencing what is. I couldn't name the thoughts, but I can tell you the feelings. I felt joy, peace, acceptance, connection, love, expansiveness and deep gratitude. Because I became present to what is, in the moment.

So, in closing our 21-day conversation, I give you this: Be Here Now.

To holding life lightly and
being present in the exquisite moment . . .

Questions?

Answers:

AtYourService@AnnStrong.com