

## Be Free... Enjoy the Moment!

One day after work, I happened to go to the front door of our house, for some long-forgotten reason. As I stood at the screen door, a child the age of three or four was half-skipping down the sidewalk. Spontaneously, he threw his arms freely into the air, out of pure enjoyment of the moment.

Instantly, I knew that it was a message for me...to enjoy life! To be much more free and spontaneous. To savor the moment.

Often I am distracted by the many things needing to be done, or worried that something might go wrong, or carrying a hurt which limits me.

That “aha” moment invited me to be free

Have you ever had such a moment? How has it touched your life?

