

Heartsong @ 1917 This Week – “Living in the Moment”

Wednesday, January 22, 2014, 10:45 a.m. – 12:00 noon

UAB 1917 Clinic, 1st Floor Library, Room 151

Facilitators: Joe Elmore

Heartsong @ 1917 is a weekly, open discussion about spirituality and finding meaning and purpose in life. Everyone is welcome to attend who is interested in connecting to the spiritual side of life. 1917 Staff are welcome. If you do not want to receive this weekly email, just reply with “unsubscribe” in the subject line.

UAB 1917 CLINIC WEBSITE: <http://www.uab.edu/1917clinic/>

Videos for the Session: **Living in the Moment** -- Lyrics by Jason Mraz, Rick Nowels

<http://search.yahoo.com/search?p=jason+mraz+living+in+the+moment+lyrics&ei=utf-8&fr=att-ie8>

If this life is one act
Why do we lay all these traps
We put them right in our path
When we just wanna be free --
I will not waste my days
Making up all kinds of ways
To worry 'bout all the things
That will not happen to me -
So I just let go
Of what I know I don't know
And I know I only do this by --
Living in the moment
Living my life
Easy and breezy
With peace in my mind
With peace in my heart
With peace in my soul -
Wherever I'm going, I'm already home -
Living in the moment --
I'm letting myself off the hook
For things I've done -
I let my past go past
And now I'm having more fun -
I'm letting go of the thoughts
That do not make me strong
And I believe this way -
Can feel the same for everyone --
And if I fall asleep
I know you'll be the one
Who'll always remind me
To live in the moment....
I can't walk through life
facing backwards
I have tried, Tried more than once
to just make sure
And I was denied
The future I'd been searching for
I spun around and hurt no more
By living in the moment....

Words on the Theme

One problem with gazing too frequently into the past is that we may turn around to find the future has run out on us. ~Michael Cibenko

You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present.

~Jan Glidewell

The past is a guidepost, not a hitching post. ~L. Thomas Holdcroft

If you have one eye on yesterday and one eye on tomorrow, you're going to be cockeyed today. ~Unknown

Forever is composed of nows. ~Emily Dickinson

Not the power to remember, but its very opposite, the power to forget, is a necessary condition for our existence. ~Sholem Asch

Let us not look back in anger, nor forward in fear, but around in awareness. ~James Thurber

The ability to be in the present moment is a major component of mental wellness. ~Abraham Maslow

I got the blues thinking of the future, so I left off and made some marmalade. It's amazing how it cheers one up to shred oranges and scrub the floor. ~D.H. Lawrence

One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon - instead of enjoying the roses that are blooming outside our windows today. ~Dale Carnegie

Selected quotes from Quote Garden - <http://www.quote garden.com/live-now.html>



NEXT

Heartsong@1917

WEDNESDAY, JANUARY 29, 2014

10:45a.m., 1st Floor Library, Room 151

Chris Hamlin, Facilitating

Save the Dates

Alabama Heartsong Retreat

April 30 – May 02

Camp McDowell