

Heartsong @ 1917 This Week – "Right Now"
Wednesday, July 1, 2015, 10:45 a.m. – 12:00 noon
UAB 1917 Clinic, 1st Floor Library, Room 151
Facilitator: 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.

Video: Jason Mraz, Living in the Moment
https://www.youtube.com/watch?v=YUFs_1vKYIY

Lyrics: 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 Living my life.....

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 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

Words on the theme:

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

Forever is composed of nows. Emily Dickenson

It is only possible to live happily-ever-after on a day-to-day basis. Margaret Bonnano

I have realized that the past and future are real illusions, that they exist in the present, which is what there is and all there is. Alan Watts

If you worry about what might be, and wonder what might have been, you will ignore what is.

Author unknown

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

Abraham Maslow

Pile up too many tomorrows and you'll find that you've collected nothing but a bunch of empty yesterdays. The Music Man

The best thing about the future is that it comes only one day at a time. Abraham Lincoln



NEXT

Heartsong@1917

Wednesday, July 8, 2015

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

Steve Dellinger, Facilitating