



Is Your Present Perfect?

Sedona! YesSS! We finally made it back to Sedona, Arizona, which was recently named the #1 most beautiful place in America by USA Weekend Today. We vacationed in Sedona about 10 years ago. All summer I had anticipated one more great family trip hiking amongst God's beauty. As you hike, the red rock just seems to bring you closer to your inner wisdom, intuition and spirituality. Sedona is known for having 330 days of sunshine, which I pictured "perfect" for early morning hikes.

Our trip started out "interesting"...sitting on the runway for two hours in 100-degree Minneapolis weather without air conditioning in the plane. After a two hour HOT delay we appreciated the air conditioning despite departing two hours later.

When we planned this summer trip, we didn't realize that this was monsoon season. We were very surprised by the huge downpour of rain the first night that caused mudslides, a major highway being closed and people trapped in their cars for 4 hours waiting to be rescued. It had not rained in 3 months. We heard, "This is the most rain in over two years." Great!! I pictured waking up to Sedona sunshine everyday. In reality, I woke up to not knowing if it would be cloudy or sunny and then planning our day. Often the overcast skies gave way to brilliant sunshine – almost too hot for a midday hike. Or the sunshine disappeared and suddenly the skies were overcast with the threat of rain and the more ominous threat of lightning when wanting to hike. One day Gary and I hiked two different trails in "on and off slight drizzle". The kind of rain you don't mind being outside and getting a little wet if you are dressed for it. The overcast skies brought with them a cooler temp which allowed us a "bonus" second hike.

Many times we are so attached to our outcome that we fail to appreciate what is happening right now today. I so anticipated the weather being perfect for anything I planned to do on my vacation. With the changing skies and unknown weather we could not depend on the weather and "count" on hiking.

Acknowledging what is happening to you today and being okay with it is such a hard concept. Unless...you recognize that the present is perfect NO MATTER WHAT! As I hiked in the slight drizzle, I kept on repeating to myself, "Chere the present is perfect – the present is perfect." (Gary is quiet even on a hike!!).

Life is easy, and WE make it hard. Think how easy life could be if you thought your present was perfect. No more worry about what you did or didn't do or what happened or is about to happen.

The present is perfect because the present is all there is. You can create your future and yes, of course we are affected by our past. But wouldn't life be delicious if you lived your life in the moment because truly that the "moment" is all you have?

The present is perfect because you can do something about it right NOW! You can CHANGE your present. You can't change your past and you think you are in control of your future. Life is hard when you carry your past around on your back and try to change your future based on your past.

The present is perfect because that is where you learn your lessons in life IF you are awake enough to notice. We learn more in the moment than we do from yesterday or guessing what we are going to learn tomorrow.

The present is perfect because you tell if you tell yourself so IT is SO! I often tell clients and myself, "change your present change your future."

Yesterday is gone and tomorrow isn't here yet. Doesn't it seem like common sense to live in today? Why don't we? I wish you a month of blissfully living in the present with passion and purpose so you can enjoy this last month of summer! Smiling as I type...