

I was regretting the past
and fearing the future.
Suddenly my Lord was speaking:
My name is I AM.

He paused. I waited. He continued:

When you live in the past
with its mistakes and regrets,
it is hard. I am NOT there.
My name is NOT I WAS.

When you live in the future,
with its problems and fears,
it is hard. I am NOT there.
My name is NOT I WILL BE.

When you live in THIS moment,
it is NOT HARD. I AM HERE.
My name IS I AM.

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