

The Book Metaphor

The book writes itself..... it is Life unfolding moment to moment.

The next blank unwritten page is the next present moment.....

If you look deeply into the blank page, each fresh present moment emerges just as it will.

Once written, it stays just how it is..... you can look back on it, but it always stays the same on the page.

If we don't like them or are not happy with them, we can tear already written pages out and destroy them.....

We often do, but the annoying and distressing thing is, they always come back just exactly as they are.

We can imagine how the pages yet to be written might look and what they might say, but we cannot really know for sure how they will be, or whether we will like or be happy with them.

The book is the book..... the book is Life.

The book is the book of your unique and precious life.

A very important and much missed point is that you're here in this moment, not to be the Author, or even the Reader..... but to be the Observer and Witness to the story as it unfolds..... as we began, 'the book writes itself'.

As best you can, without preferences, judgements, being caught up in, or swept away with any of it, good and bad..... allowing yourself to be Mindful to not miss a moment.

Why? Because this is your life to do with as you will in this moment. It is an opportunity to make a journey in a valued direction of your choice.

You can be free to do this if you are Mindful of the present moment. 'Staying alive to each present reality'.

With wonder and curiosity, really looking deeply, with care and compassion at each moment as it emerges and appears in **reality** on the page.