

Life is like a kaleidoscope - constantly changing and evolving. If we try to hold on too tightly to any one picture or frame, we're bound to be disappointed when the wheel turns. If we're too anxious to get to the next frame, we miss the beauty of the moment and fail to appreciate the intricate pattern life is weaving for each of us. If, however, we can remain present without holding on, and we can open to what's next without rushing to reach it, we're carried through a beautiful, color-filled journey.

To travel this way, you must allow the people in your life to be who they are. You must allow yourself to be who you are, too. Sometimes, you may think you know what's best, but you cannot turn the kaleidoscope. It changes in its time. As it does, relationships shift and hearts evolve, but the journey itself remains a mystery. Strive only to know yourself deeply, to love the people in your life for who they are now, and to enjoy the colorful moment for what it is. It will change before you know it.

Today, look around your surroundings and the people who share it with you, taking in all the beautiful colors, shapes and patterns. Breathe deeply and allow them to be as they are. Breathe again, knowing another beautiful moment is on its way to meet you. Say to yourself,

"I embrace this moment exactly as it is."