



## **ALLORAH'S INSIGHTS**

May 10, 2009

Past, Present...Future

Life is full of promise, Spring is a season of encouragement and the summer holiday season is nearly upon us. Students are looking forward to a summer of fun. Are you making the most of it?

We can get so focused on the moments we are hoping to create that we miss the moments we are in. I think that the sensual experience is a significant factor driving the soul's decision to incarnate. It is the visceral, tactile experience that we (as Spirit) crave or require for our growth process. That is to say, the soul incarnates to deal with the crude or elemental aspect of emotions in order to better understand those resonances of emotion by feeling them in the deepest parts of our bodies, in our guts, as it were.

We are mind, body and spirit; we are the holy trinity. We need to learn to be in the moment; for it is in the moment and from the moment that we create our future, benefit from our past and embrace the now. In the moment, we create, transmute and transcend in concert with the cosmos. We are never alone and there is always the possibility of joy if we are willing to choose joy.

The energy of joy is an expression our soul's love in action emanating within us and radiating from us in order to remind us that we are deeply connected to the "All that is" and to each other.

Choose joy, be love.

Namaste,  
Allorah