**Enjoy the moment**

She runs to the window

Amazed, with the curiosity of a child.

She watches with eyes wide open, smiling from ear to ear.

"It's snow!" she exclaims jubilantly. “It's coming down so beautifully…”

The flakes are so carefree, they whirl through the air.

They look alike from afar, but each one has a unique shape.

They all dance around above the ground

Before snuggling down together, embracing all that they touch.

What a beautiful creation of pure, white, fluff,

A layer of protection and aesthetic beauty

Covering tree branches, sidewalks, houses, cars, and streets alike.

She continues watching with wonderment…

Meanwhile, at the house next door another woman – one with

Many bad memories of shoveling snow alone, of pain and discomfort –

Runs to the window, looks at the same snow,

And weeps, feeling bad, anticipating pain and sorrow…

Her past is so painful,

She can't enjoy the same beauty

Swirling right before her eyes.

All she can remember is pain!

She has many options at hand,

Perhaps to have someone else remove the snow,

Perhaps to remove the snow slowly and mindfully,

But she chooses to languish in the pain and depression

Of her gloomy past, as tears run down her cheeks.

Don’t let your past destroy your present;

Be in the moment, and connect with your childhood curiosity.

Embrace a carefree attitude, replete with fun and laughter.

Celebrate the moment and enjoy the aesthetic beauty around you.

Dr. Ani Kalayjian

March 8, 2013

[DrKalayjian@Meaninguflworld.com](mailto:DrKalayjian@Meaninguflworld.com)