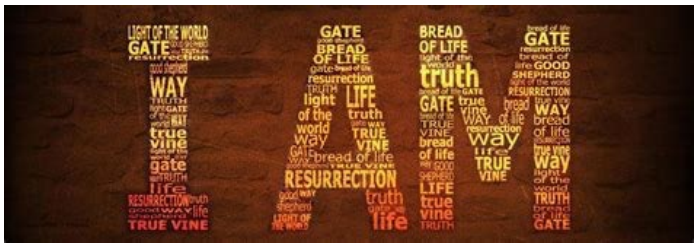
– MY NAME IS "I AM" –



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".

By Helen Mallicoat