

*Spirit Rising  
Sanctuary of  
Light, LLC*

*Mariah Crawford*



*A Center of the  
Spiritual Arts*

*spiritchannel@mariahcrawford.com (541) 548-0438*

*In This Very Moment ©*

~ ~ ~

In this *very* moment

You are as strong as a mountain with its rocky precipices,  
As strong as the magnificent pines that grow from the tiniest fissures  
In the mountains of the Earthly Realms.

If in just this very moment

you can see your Self

As truly and intensely strong,

Ever-evolving, ever-growing upward and outward

You would be able to smile, yes even laugh,

Perhaps poignantly so,

At Life's constant hurdles, sorrows and disappointments.

For you would remember, in due time,

Your very oneness with this moment,

And with the God Power that creates each gem-like moment,

With the sky that shines above you

And the Earth that shudders beneath you,

settling itself and becoming strong and balanced once more,

As all of you who travel the ever-changing Pathways of Life

Are also capable of doing.

In this precious moment in your Life

Even if you are heartsore,

Weary of Earthly toils and storms

And feel that you cannot go on,

You will find that if you dry your tears, feed and nurture your Self

With the foods of Earth, as well as the foods of Spirit,

You shall indeed overcome even the raging storms of Earthly life.

In this moment on the Pathway of your Earthly Life

As you breathe in the Great Breath of the Universe

You shall find you are able to cling tenaciously

To the side of the mountain,

Putting down the roots of your soul once more

To draw sustenance from the Spirit of your Heart,

That Great One, the Inconceivable, the Delightful

And ever-constant, ever-changing Effervescent Energy

That flows through your very veins, through your beating heart,

Through the vibrations of your eternal Self.

You *shall* go on, but not with head down and feet dragging,

For you are of royalty,

Each of you a Child of that King,

That Queen of Heaven!

Walk onward now with spine erect, head held high,

Feet planted firmly and confidently with each step,

Courageously and openly, beginning again and again

With new hope, new determination, new spiritual discipline ~

*In this very moment.*