The Art of Becoming

I Can See the *Moment of Choice*

Remember

My past may have shaped my responses,
but it does not have to determine my next choice.

In This Moment

What am I about to choose?
What is influencing my choice?
What choice would honor what I now understand?

Practice

Pause. Notice. Remember. Choose.
And when you forget, return again.

Carry With You

I am here, now.
I can see the choice before me.
I can choose from what I understand.

Ms. B's Place of Understanding