

## **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. 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.**"