

“In This Moment”

The Integrated Energy Therapy® Vision

Channeled from Angel Ariel by Stevan J. Thayer

In this moment, I will love rather than judge.

In this moment, I will build rather than destroy.

*In this moment, I will look to God, rather than to
other people, for approval and direction.*

*In this moment, I will change because I want to,
not because I need to.*

*In this moment, I will realize my power,
rather than blame other people for their actions.*

*In this moment, I will experience the joy of God's
plan, rather than the pain of my plan.*

*In this moment, I will see the possibilities,
rather than the difficulties.*

*In this moment, I will serve others,
rather than serve myself.*

In this moment, there is Heaven on Earth.