

the ONE Moment

by Guru Mani H

Overwhelmed
Pressure from all sides
Crushing
Hard to breathe
A Mount Everest of problems
The Grand Canyon of burdens
All SHOUT for me to solve
Robbing me of peace
My soul heavy
Tired
Aching from the strain

I lie on my back
Floating in the water
One moment
Time frozen
I gaze up at the stars on this night so clear
All perfect in their place
Put there by the One [that I'm sharing this moment with]
The One who holds me in the water
I breathe
Deeply
The view is simply
Awesome
Stunning

In this moment of tranquillity

Mortal heart inter-acting with immortal God

An exchange takes place

The stars

Which are in reality **huge**

I see as so small

And I'm reminded deep within

That all I carry

Which I see as **huge**

Are in reality small

When handed over to

The One

My One

To deal with on my behalf

Just the one moment

But as so many times before

An exchange takes place

Human for Divine and

Divine for human

I get out of the water

Nothing has changed in my circumstances

But so much has changed in my soul

And all it took was...

One moment [with my God]