

# The Unending Blessing Of What Is

Have you ever taken a moment to appreciate the beauty of simply existing? To marvel at the wonder of life and all its intricacies? It is in these moments that we often find the unending blessing of what is.

In a fast-paced world filled with distractions and constant demands for our attention, it's easy to overlook the simple joys of life. But when we pause and allow ourselves to be present in the here and now, we discover a profound sense of gratitude and contentment.

What is this unending blessing of what is, you might ask? It is the ability to find happiness and fulfillment in the present moment, regardless of our circumstances. It is a shift in perspective that allows us to appreciate the small miracles that happen every day.



## All is Well: the unending blessing of what is

by J Matthews (Kindle Edition)

★★★★☆ 4.3 out of 5



Think about the last time you witnessed a breathtaking sunset or felt the warmth of a loved one's embrace. These seemingly ordinary moments hold within them

the potential for extraordinary joy. They are reminders that life itself is a precious gift, and each passing second is an opportunity to experience the unending blessing of what is.

But how do we cultivate this mindset of appreciation and gratitude? It starts with mindfulness – the practice of being fully present and aware of our thoughts, feelings, and surroundings. By bringing our attention to the present moment, we can let go of regrets about the past and worries about the future.

When we stop and pay attention to the details of our surroundings, we begin to notice the beauty that surrounds us. We may see the delicate petals of a flower, hear the melodious chirping of birds, or feel the soothing touch of a gentle breeze. These simple pleasures become profound sources of joy when we take the time to recognize them.

Furthermore, the unending blessing of what is extends beyond our external environment. It also encompasses our internal landscape – our thoughts, emotions, and inner experiences. When we practice self-compassion and acceptance, we create space for growth and transformation.

Instead of dwelling on our shortcomings or comparing ourselves to others, we can embrace our unique journey and appreciate the lessons it has taught us. Every challenge we have faced, every setback we have encountered, has contributed to our growth and made us who we are today.

The unending blessing of what is does not discriminate. It is available to each and every one of us, regardless of our circumstances or background. It is a state of being that transcends external conditions and allows us to find peace and fulfillment from within.

When we embrace the present moment and open our hearts to gratitude, we invite abundance into our lives. We begin to see the hidden blessings that were always there – the love and support of friends and family, the beauty of nature, and the countless opportunities for growth and connection.

So, let us cherish this unending blessing of what is. Let us cultivate a mindset of gratitude and appreciation, and discover the joy that comes from simply existing. In doing so, we unlock the true potential of our lives and embark on a journey of endless enrichment.

Remember, the unending blessing of what is is always within reach. It is up to us to open our eyes, open our hearts, and embrace the beauty of this present moment.



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Enlightened teachers insist enlightenment isn't about finding the solution to a complicated problem.

They say it's just a matter of acknowledging the obvious.

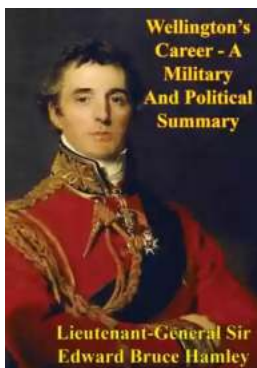
When these teachers experience their great realizations, they smile.

They smile at the conspicuous nature of their discoveries, as if the truth is hidden in plain sight.

And they smile at the ridiculous nature of their previous search.

What did these teachers discover?

This book tries to answer this question as simply as possible, insofar as the answer can be put into words.



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