

## Sunrise!

Accepting the 'NOW' moments with gratitude and thanks.



Sunrise over morning mist. ©Karina Stephens 2009

I love sunsets, they make me feel alive. The changing colours shifting in the night sky, the beauty of it all so stunning and breathtaking. Sunset's are romantic, you cannot help but be swept away in their presence. It's easy to be in the 'now' when you are witnessing a beautiful sunset. To be at one with God, feel the presence of something bigger than yourself. It's comforting when you can say that the day was a good day, you accomplished a lot, achieved your outcomes and all is well with the world.

The same goes for sunrises. Unfortunately I can't say that I have seen a lot of them in my life. You see, I have a confession to make. I am not a morning person! Actually for all of my adult life I have hated mornings. I blame 15 years of shift work messing up my bio-rhythms, that's my excuse anyway.

Recently, I had no choice in the matter and had to be up at 5am to drive back to my home in Sydney from the Goldcoast which is about an 11 hours drive. I remember sitting in the car whilst my husband took the first driving shift, (a very smart idea given I was still half asleep) and I was wishing that I was still curled up in bed, warm and cosy. About an hour in to the drive the sun was starting to rise over the horizon and was casting glorious streams of orange hues over the landscape. Even with my eyes half closed I could not help but notice how stunning it was.

All of a sudden we drove over a slight bridge that looked down into a valley that was covered in mist. It took both our breath away and my husband pulled the car over and suggested I take a photo. It got me thinking how much of the day I miss out on by getting up late. How I finish the day with gratitude and thanks yet I don't start the day the same way. I miss the magic that early morning has to offer because it's uncomfortable for me to get up early.

There is lots of things in life that are uncomfortable but we do them somewhat begrudgingly because we want to achieve a certain result. Exercising to lose weight and get fit, going to work in order to make money, eating healthy so that we can be healthy. What if we stopped focusing on the uncomfortable and looked for the beauty in the moment? What we focus on we give energy to, so instead of giving energy to the pain of the situation, focus on the outcome, the benefits and the results.

The result of my getting up early was a spectacular sunrise and a moment with God. The Benefits of me getting up early to exercise is more energy, a fitter and healthier body and the rest of the day to achieve my goals and be more productive.

By starting the day with gratitude and thanks and being in the 'now' we set the tone and energy for the rest of the day. With energy levels higher, we attract more into our life. There's less resistance, less effort needed for achieving our goals. We are far more creative, intuitive and less reactive to stressful situations.

I can guarantee that I will see many more sunrises in my life from now on!

Karina Stephens