

Right Now poem

*By Dr. Monica Vermani, C. Psych, Clinical Psychologist
& Founder, Start Living Corporate Wellness*

Stop for a moment and calm your thoughts.
Let go of your anxieties and look around you.
What do you see?
You see a world filled with beauty.
You see a life filled with possibilities.
You see dreams being born,
being nurtured and being fulfilled.
Yes, there are challenges.
Yes, there is sorrow.
Yes, there is violence and hatred.
But more than these there is love,
there is goodness, there is joy.
The future is uncertain.
And that means there's no limit as to how
Beautiful and joyful you can make it.
Yet what you have is right now.
And right now is completely as it should be.
It is your time to live.
Think of what a precious thing your life is
and how truly blessed you are to be experiencing it.
Right now.
Right now, any anxiety you may have about the future
is only an illusion.
Let it go.
Let it fade away as the beauty and perfection of
right now wash over you.
The best thing you can do for the future
is to live with everything you have in the present.
Right now, you are in a position to create real,

lasting positive value for the world in which you live.
How do you do that?
By following your heart.
By being the you that is really you.
You may have wandered away from yourself.
Now is the time to come home.
You know in your heart that you're here for a reason.
The pain you feel is that purpose, that reason for living,
as it constantly aches to break free.
When it does, you'll be more alive than you ever
could have imagined.
Breathe in the beauty around you,
the beauty and richness of being alive.
It is your gift.
It is your fortune.
It is your blessing.
And it is yours, to live, to experience, to fulfill.
Right now.



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About the author

Dr. Monica Vermani is a Clinical Psychologist specializing in treating trauma, stress and mood & anxiety disorders, and the founder of Start Living Corporate Wellness. She is a well-known speaker and author on mental health and wellness. Her upcoming book, [A Deeper Wellness](https://www.drmonicavermani.com/), is scheduled for publication in 2021.

Dr. Vermani has recently launched an exciting online self-help program, [A Deeper Wellness](https://www.a deeperwellness.com/), delivering powerful mental-health guidance, life skills, and knowledge that employees can access anywhere, anytime. <https://www.a deeperwellness.com/>

