

I give voice to the moment. That's right, voice. The song that is waiting in each and every moment, to be known, to be heard, to be sung. It is my job, one of them, to be so present with the moment that I can hear that voice, that I feel that voice, that the instrument of my body allows, embraces and becomes that voice – unrehearsed, unplanned – to express the gift of the moment.

By Sharon L. Corsaro

Giving Voice to the Moment

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Giving voice to the moment is a potent experience of being insanely present with the moment – with the presence that is alive all around us, in the moment – to express the light and the magnitude of that spirit for a celebration unlike any other. As I dip inside myself to commune with the depth that moves through me like an ocean, I celebrate the brilliance that is vibrantly alive all around me. I delve into the communal well of it and me together, as I unearth a voice that wants to share, wants to sing and wants to express aliveness in all things. I have uncovered a voice for many things; for that which may have been dormant and unknown for centuries, or that which is new as the spirit of a newborn babe. The voice changes with diverse variation – similar to light changing within a rainbow – as the spirit expresses through me with the breadth of aliveness that thrives in everything around me. All the while unique sounds pour forth, expressing living light in song. The song is of angels, the sound of wind, ancient earth, fire, ore, wood, water, the sound of love, the heart of one man, butterflies whispering, springtime bursting, trees rooting, community sharing and moon beaming. The list goes on, as the songs untold and unheard want to be known.

I believe there is a song waiting to unfold from inside everything. Even more, there is a song inside each of us. And while I speak of song as we think of song to be, I also speak of another song, one that has no melody – one that is happening throughout us, as the rhythm of our individual lives, where instead of “voice,” as in my own tool, the individual's own expression comes forth to celebrate the moment, continually. An expression that may be conscious, like choosing a certain creative tool or art form, but far more often, an expression that is not conscious, as it takes form in the way we use our words, how we engage with others, where we express our love, how we create our lives, businesses and world. But as we take time to deepen our presence with what is right in front of us – to really know and celebrate that – we become vastly more available to commune with what ‘the moment’ has to offer and celebrate what simply shows up in our path. If we dare, we engage more consciously finding unexpected doorways to deeper connection, awareness and presence in ourselves. These discoveries provoke us to choose more diligently how we spend our energy, how we share ourselves and how we use our resources to celebrate life. From this place of deeper awareness, for

the presence all around us, we realize that meaningful moments arise all the time out of nowhere when we are doing just about anything.

So it is true I give voice to the moment. And in that I celebrate the moment whenever I can – a cherished gift that came about along my own path as I found that powerful moments multiply, the more I am present to see them, as I avail myself to know them. And so, I long for us all to find greater depth in the moment. For, from that place we just might find there is far more to celebrate than not as we experience the brilliance of what is, right here, right now.

Sharon Corsaro developed her voice over nearly 20 years of deep personal work and teaching that led her around the world as she uncovered and shared what was held within. Truly embodying her voice led her to create a powerful system for effecting change that she now shares as Creative Empowerment for groups and individuals. She periodically offers group workshops and shares private sessions in Manhattan Beach, Calif., and via phone. For more information contact Sharon at 310.991.1998 / sharon@growing-gold.com. Growing-Gold.com

