

LIVING IN THE MOMENT

I am going to make a very unusual request. I would like you to take part in a 'living' experiment with me. Please read the following paragraph and follow its instructions.

O.K. Take this article and go now to a quiet place in your home or outdoors, whatever you prefer, but away from ANY distractions. When you arrive, seat yourself comfortably and begin the process of relaxing your body and mind. When you feel completely relaxed and **'in the moment'** I want you to return to my article, reading the remainder, and in so doing, complete the experiment.

We relax by first of all ensuring that we are seated comfortably, spine straight, shoulders relaxing down and slightly back, arms loose, wrists and hands limp, perhaps resting on your lap or the side of your seat. Your chin should be horizontal with the ground and your eyes closed. I want you to try to relax your forehead and release any tension that exists in your eyes. Let your mouth remain closed and your jaw open and relaxing. Legs and feet should be comfortably placed and not crossed. I ask you to remain still like this, eyes closed for about one or two minutes, and as you do so, trying to keep your mind empty...empty of thoughts and concerns of the day. As each second passes focus on your breath as it slowly comes and goes. You should now be in a state of complete awareness of what it feels like to be alive in the present moment, mind free of ANY thoughts or distractions.

When you have completed your one or two or more minutes of relaxation, return to this article and read on. I think you might find that the remainder of the article will speak to the gift you have just given to yourself. O.K. so here we are together again. I hope that the relaxation experience was interesting. My article this month

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Another Magical Night With The Ker- osene Lamp Con- cert Series Set For October 20



Down By The River starring Billy Ostrander, Rennie Thompson, Bud Gregory, Judy Fraser and Suzanne Pasternak will be performed on Saturday, October 20 at the historic Black Creek Chapel in Black Creek.

"The first show we did on September 20 was absolutely magical", says Producer Suzanne Pasternak. "Most of the audience had never been in the chapel and it certainly cast a spell on them. In the glow of the lamplight, the intimacy with the performers and interaction with the audience had an old fashioned feel to it. This is the way we use to be as a community. People loved the experience. It was so real. Especially when I dropped a huge tray of homemade cookies all over the floor!"

Angeline's Restaurant in Bloomfield is offering a three course dinner with a concert ticket included for \$50.00. Suzanne Pasternak will give a "County History" pre concert lecture at 4:30, dinner is at 5:30. To make reservations for dinner call Angeline's at 613-393-3301.

Concert tickets are available at Hicks General Store in Milford, or by calling Suzanne at 613-476-6143.