

# The Gorgeous Power Of Presence: Move, Create & Lift Yourself Up

*By Andrea Frade*

Sometimes there moments when the focus is soft-spoken, internal and doesn't seem to vary for a while. You realise the infinite range of emotion that lives within you – [all that is held in one human heart.](#)

Sometimes there are moments when you arrive in the reflection of another's gaze. You see in those eyes that there is love. You feel as if you have everything – and everything to lose.

Sometimes there are moments, when you feel you have lost your ground. You see how clearly you were wrong, and you're being asked to surrender.

Listen to what life is asking of you. Because there is always *an ask*. A moment that is luring you to go a little further – to reach deeper within your Self. So, that eventually you grow, unfold, and mature with a kind of inner knowing that forgives. That is unwavering, radiant and fulfilling.

Moving *you*. Creating *you*. Lifting *you*.

The practice is *simple*...

Keep remembering your way back to *presence*. It is always awaiting your arrival. [You don't need much direction to find your way to it.](#) Patience is required and a willingness to stay is key. It will grant the power of your mind to turn inside your heart.

May we continue to appreciate one another and receive the gifts in those small, quiet moments. May we embrace each other

even when it's hard. May we reflect and respond with kindness. And may we remember to exude, connect and embody, allow, receive, and offer love, forever and more deeply.

*For more self-study, [The Urban Howl](#) recommends [The Power of Now: A Guide to Spiritual Enlightenment](#)📖.*

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