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## I AM

I was regretting the past and fearing the future.

Suddenly my Lord was speaking: "My name is "I am."

He paused. I waited. He continued, "When you live in the past with its mistakes and regrets, it is hard. I am not there. My name is not I WAS.

When you live in the future, with its problems and fears, it is hard. I am not there. My name is not I WILL BE.

When you live in this moment, it is not hard. I am here.

My name is I AM." - Helen Mallicoat