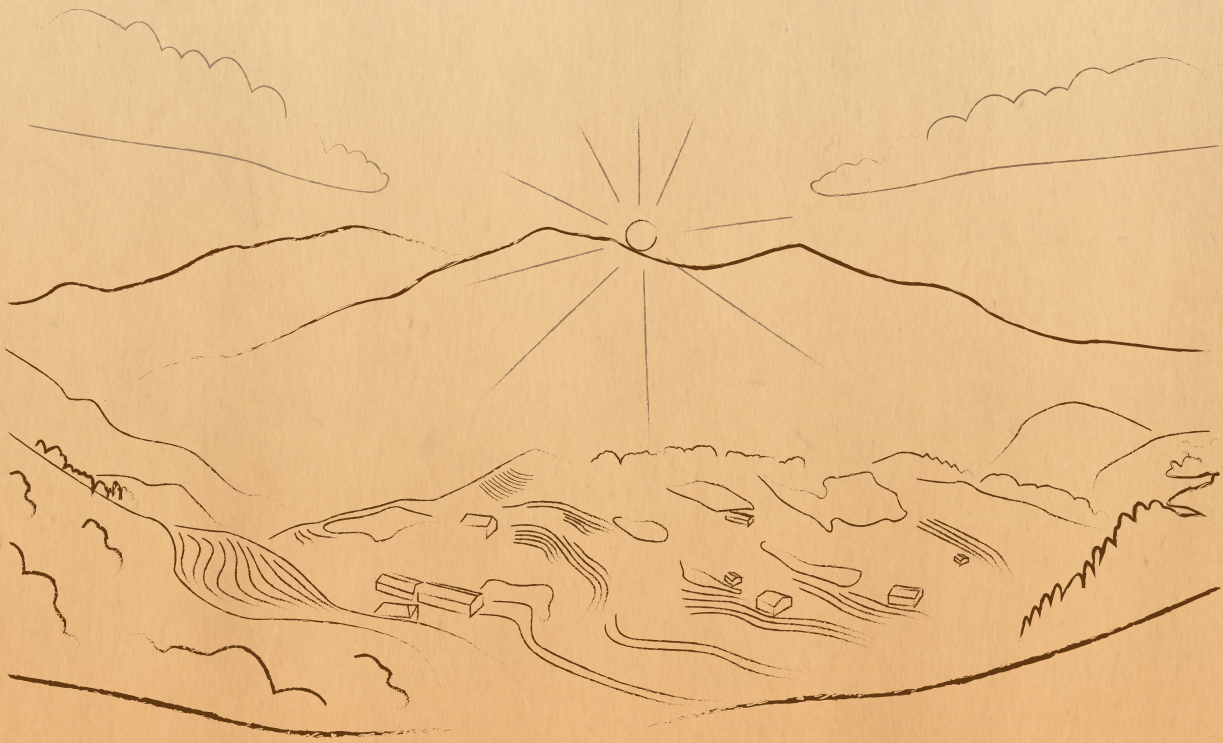


## The Master Builder



### The Dawn

On the seventh day, with much of their work done, they had agreed to climb to the peak of the hill on the west of their valley to greet the sunrise. The moon and stars provided a soft but sufficient light as they hiked in the early hours. As they sat at its peak waiting for the dawn, each once more asked, "How am I?" and observed their surroundings and themselves. From their idyllic vantage point, they marvelled at the hues and shades as the sky slowly brightened. Fully present and aware, they found themselves in awe of nature as the sun rose from behind the peak of the opposite hill, east of the valley, their new home.

As its rays slowly lit the valley below, the gathering realised the true value of the accumulation of their moments when spent mindfully. They saw just how much can be achieved when they set aside unnecessary fears, doubts, grievances and distractions. When their attention shifted to what can be done with any given moment, they instantly realised their power to choose a new focus and a different way of living.

On their journey, they had travelled far, leaving a path for others to follow when ready to ask themselves that most important question, "How am I?" and to trust in the answer. They had learned to work well with others, for the good of all, and thrived with the support they received. With each brick laid, they grew stronger and more skilled. Each individual had revealed their ability to endure and to change. They had chosen to embrace trust, freedom and action. Using these skills, they built friendships, families and a community.

They finally understood that the meaning of life was to live meaningfully. To take each and every moment and spend them in ways that reflect the precious gift that life is, doing what was important to them or what their intuition guided. They would invest their seconds, minutes and hours in wellbeing, relationships, work, rest, play, and in helping each other. They would then reap the rewards.

They all saw the astounding results of using their moments to bring these essential elements into their lives.

They had become master builders, creators of lives truly worth living...