

2025 Calendar

Coloring The Moment



Text by Ragini Michaels
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Coloring The Moment

January 2025

SUN	MON	TUE	WED	THU	FRI	SAT
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While I do allow hours & minutes
to pretty much rule my life,
I've been told time isn't a real thing.

Despite the power of clocks creating my
day, what if this notion of time is illusory?

Could I unknowingly be creating time
by linking together the many
moments that come my way?

I think this idea requires some personal
exploration. But the only glitch is
how to find the time in my day
to take a fresh look.



Coloring The Moment

February 2025



My experience of time is rarely reflected by the clock.

When some luscious Swiss chocolate hits my tongue, the moment of pure pleasure is *always* too short.

But when I stub my toe, I'm fearful that momentary discomfort and pain might *never* end.

What if I could live the moments with no clinging or aversion?

If that's possible, would I still remember to pay my bills on time and get to work when expected?

Well, I guess only time will tell.

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Coloring The Moment

March 2025

*Do I really have the power to
change my perception of a moment?
Not the experience itself,
but how I make sense of it?*

*Now that presents a conundrum.
What shade of joy or sorrow should I choose?
Do I color it helpful or harmful?
A reward or a punishment?
Proof I'm connected or separate?*

*This notion seems to offer a way to being
happy and at peace—no matter what!*

*Instead of struggling so hard to be
good and not bad, useful & not useless,*

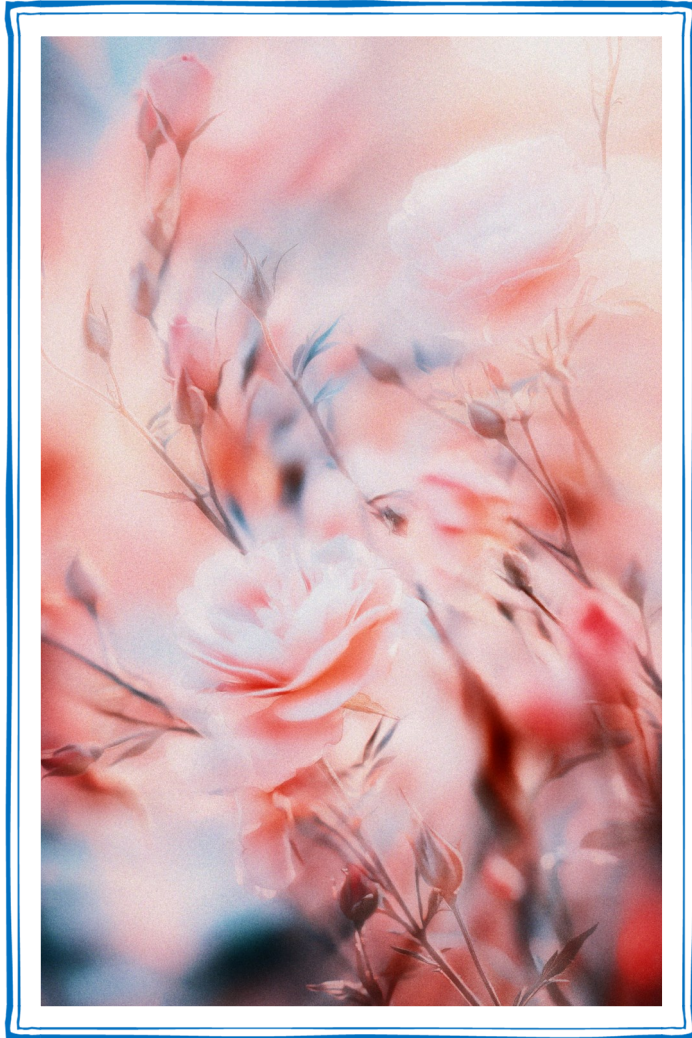
*I'm going to start coloring each moment as a
gift—the only challenge then is
finding the present inside the wrappings.*

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Coloring The Moment

April 2025



I think it's unwise
to haphazardly color every
moment happy.

I was so thrilled
with the notion of always feeling
good, I kept missing the gifts
tucked inside the darker shades
of my experience.

I started coloring
everything with what I was sure
were the absolute shades of truth.

But it seems truth comes in all
hues and tones. Sadly, I only
wanted the pretty ones—

Until I remembered there are gifts
tucked inside *every*
moment—whether wrapped in
pleasure or pain.

My task was to unwrap each
experience and ferret out the
insight hidden within.

Turned out to be a pretty
profound discovery
because it changed my life.

I realized I had the option
to live each day
as if every moment were
worthy of my full attention—

and more importantly—

This new kind of happiness
freed me to stop kvetching
about all the things that
don't go my way.

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Coloring The Moment

May 2025

Life's creativity runs rampant in May.

Buds, blossoms, colors, astonishing designs carousing in the joy of Spring's originality and ingenuity.

But sometimes the freshness of the season, the emphasis on new beginnings, makes me sad and fill with longing.

Where are the invigorating innovations to refresh my life? When did my inspiration abdicate to discouragement? How did I lose my urge to imagine a new and compelling vision.

Awakening to this negative reverie makes me reach for my box of crayons and color these moments with shades of clarity, faith, and hope.

It's such a joy to claim these brighter perspectives just by the simple act of recoloring my attitude that got married to the moment

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Coloring The Moment

June 2025

I love harmony—whether in singing or conversation. It lifts me up and away from life's inherent discord.

Discord sets my teeth on edge. I don't like it at all, even though it's usually me creating it.

Yet—it's what led me to discover my defiance toward anything out of synch with my way of thinking & seeing.

It was clear I was demanding to be seen as right—even if I was wrong.

When I colored these moments with a *willingness* to be wrong (not the same as actually being wrong) life got a lot easier.

This attitude of 'being willing to be wrong' began transforming even the most contentious of my arguments back into conversation.

Miraculously, humor, laughter, the respectful sharing of conflicting perspectives began re-entering the scene.

I have to admit I had so much resistance to this, it took buying 4 new boxes of crayons just to get the job started!



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Coloring The Moment

July 2025



Ever see something
from the end?
Already finished & complete?

It's a marvelous gift that
generates both
enthusiasm & inspiration.

But then, the hard work begins!
Those potentially
tedious steps that must be taken to
transform the inner vision
into concrete reality.

You can't just color it done!
The inside can't just appear
on the outside
with a snap of your fingers!

Paradoxically, the envisioned
end must be created
from the beginning—
even though you can't yet see
how to do it.

Wouldn't it be best to honor this
process of creation by
taking those moments of
impatience, stress, doubt, lack of
clarity & loss of inspiration,
and color them with
openness, trust, and faith?

Acceptance is a great color to use
when there's nothing you can do to
change what needs to be done.

Noticing when that time arrives
requires the beautiful color of
astute discernment.

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Coloring The Moment

August 2025

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Does anybody really like confusion?
I want it to clear up and leave asap!

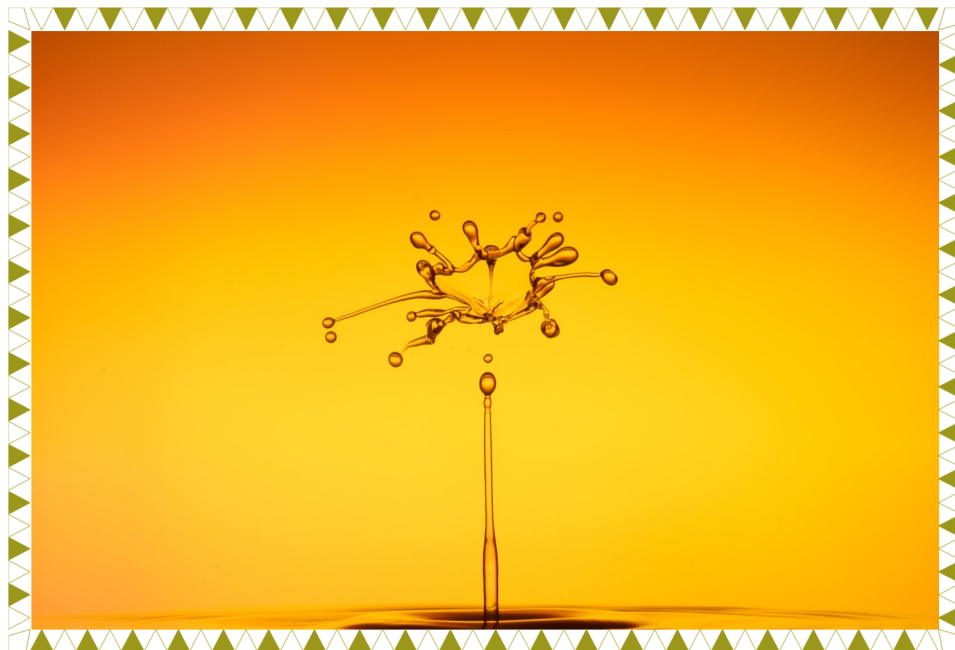
I could pull out my crayons
and make it as I want it to be!
But ... I've learned it's best to give it
time to do its job.

Even though I don't enjoy
feeling unclear, it's smart to honor its
place in the scheme of things.
Without it, you see,
that fresh clarity could never arise.

The gift here is having patience around
these hidden partnerships
between opposites.

Apparently, it's best to give Life what it
needs so it will give me what I need.

It's what partnerships—
hidden & obvious—are all about.



Coloring The Moment September 2025



Sometimes my desire for companionship is overwhelming. All I want is someone beside me to fill in the empty space surrounding my body and mind.

That's when I reach for my crayons and replace the shades of emptiness with the color of fullness spilling out of the fresh moment—smells, and sights and sounds happening all around me and within me.

That's when I'm filled with the indescribable color of participating in and simultaneously observing Life's infinite grandeur unfolding before my eyes.

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Coloring The Moment

October 2025

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In the fall, melancholy often comes to visit. I feel like the leaves must feel when they let go of the limb despite a longing to remain attached to that solid sense of being securely held.

A sadness flood my senses and my sense of well-being and safety seem long gone!

Yet it's the very sweetness of this nostalgia that reminds me I know how to color these moments any way I'd like.

So I find my crayons and make haste. Because feeling secure in my aliveness again is just around the corner.



Coloring The Moment

November 2025

I always thought my experiences
were laid in stone—with no way out!

But now I know

I have the power to color
each precious moment of my life
to serve rather than distress.

I hadn't realized I could immediately
color anger with shades of
forgiveness—transform greed into the calm of
contentment—and transmute vanity into the
sweet ease of humility

To perform this stroke of creative genius—
coloring my perspective from darkness to light,
sorrow to joy, and suffering to happiness—
all it takes is a moment of conscious awareness.

I'm going to guard this wisdom and keep
following its guidance.

I'm pretty sure
it will lead me to the inevitable delight of meeting
that infamous moment when the freshness of
'Here and Now' becomes all there is—
at least for the moment!

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Coloring The Moment

December 2025



I bought a new box of Crayons today.
My old ones were too worn and stubby.

I have a few favorite colors that bring alive
my calm and happiness—no matter what!

But even after years of practice, not every
moment immediately grants me joy.

I have to consciously color
each moment knocking at my door
with the right shade of openness.

Then it easily reveals
that gift of guidance tucked inside.

I'm still pretty defiant and snarky when
unpleasant things come my way.

But I'm grateful I finally know how
to grab my crayons and get busy!

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