

LIVING IN THE PRESENT MOMENT

YESTERDAY IS HISTORY;
TOMORROW IS MYSTERY;
TODAY'S A GIFT.
THAT'S WHY IT'S CALLED THE PRESENT.

- If one is not present, there is no reason to be confident. Unless one is here now one cannot possibly know what is the right thing to do
- For ones focus to be on the past is to be stuck on a broken recording-change the channel
- Today is neither a rerun of yesterday nor a rehearsal for tomorrow.
- To be Here now Let go of:
 - the past
 - attachments
 - Judgments
 - Expectations
- In each new moment is the possibility of re-creating oneself.
- No one is ever more important to you than the person who is in your presence at the moment. Nothing is ever more important than your interaction with them at this time.
- There is no stable ground. There is only a new wave. Remember just as when water is not moving it is stagnant or frozen, so is it the same with us.
- Life is a journey of re-creating oneself. As the butterfly emerges from the cocoon,we too in recreation allow the old life to fall aside and a new one to come into being. This becomes something we enjoy doing and allow ourselves to do in each living moment
- Be alive in each moment as if it were your first, last and only.
- Nothing is ever more important than the care for the aliveness of the hearts of the people in one's midst.
- Nothing is as exciting as being alive in the present moment and creating with another
- do one thing at a time fully focused
- I can create new beginnings, new possibilities, new realities anytime