

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 one's 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