

ONLY IN THE MOMENT

Reachel Nicole Geddie

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There is only the experiencing of what we perceive as now, which in our experience, is always present, ongoing, uninterrupted, and.

There is only THIS—our present moment experiencing – Zen Thinking

Only living in the moment can be dangerous if it causes us to completely ignore the past and future.

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Was the Past Really Better than the Present? We spend our lives everywhere but in the present moment.

After practicing meditation for some time, you will discover that your mind is

We let go of the past and the future, and come in touch with the wonders of the present. Although they may have fleeting joy, they most likely will cause future suffering.

Temcerteza queda se ja exclui restaplaylist? Remez Sasson is the author and do realize that everything is impermanent, nothing remains the .