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You Are Here: Discovering the Magic of the Present Moment

There is nowhere to go. What you are looking for is right here. Open the fist clenched in wanting and see what you already hold in your hand. There is no waiting for something to happen, no point in the future to get to. All you have ever longed for is here in this moment, right now. You are wearing yourself out with all this searching.

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You are here! yes, you are. But living in the present is not something that you can wrap your brain on easily. Well, the Thich Nhat Hanh has an amazing way of explaining to you how to do just that.

You Are Here: Discovering the Magic of the Present Moment

You are Here explains that the simple act of being present is a necessary prerequisite for love. In order to truly love ourselves, or others, we must be here now, in the present. In order to truly love ourselves, or others, we must be here now, in the present.

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Practice makes it possible for us to say "I am here for you." The Buddha said, "The past no longer exists, and the future is not here yet." There is only a single moment in which we can truly be alive, and that is the present moment. Being present in the here and now is our practice.

You Are Here: Discovering the Magic of the Present Moment

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