



## Now Here

We are here for you now and forever. Your troubled mind is causing you agitation. Take a deep breath and allow the mind to let go. As the mind releases the agitation eases. Learn to let go of the mind when the lower and slower feelings come up within you. Allow yourself to embrace the feelings that are uncomfortable. Learn to feel your agitation at a deeper level. Don't make it bad, or wrong. If you feel it, then it is part of you. Again take a deep breath. Allow the unknown of the next moment to wash over you. Try not to chase it away. Welcome the next moment even if it were your last. Cherish the moment you are in as if it were your last. Move to this moment and let go of all anticipation or expectation of the next moment. Focus on this moment fully. By so doing the next moment just comes over you. But this time you don't feel it coming because the next moment is Now Here. From Now Here to Now Here, to Now Here. A smooth and seamless moving forward in time, but it does not feel like you are moving forward because you stayed Now Here.

You see it is the mind that gives you the impression that time is linear. Past leads to present and present leads to future. But when you drop the mind you also drop the linearity. The concept of time is unknown to that part of you that feels. It is the thinking mind that creates the discomfort of agitation, anticipation, expectation, etc. We are not saying that you will not experience these sensations, We are merely saying that the discomfort of them comes from your mind, from your beliefs. The moment you come back to Now Here the suffering is dropped. Agitation is not bad. No, a feeling is not bad nor is it good. It is the mind that judges the feelings. If you could practice dropping the mind more often, more easily, your life would be so much easier.

And so come back again to Now Here. No Where. Just Here, in this moment with no concern for the next moment. Allow the moments to flow seamlessly from one to the next. For in this moment, all moments exist. If you allow yourself to relax into the Now Here moment you will notice that the past and the future don't seem to exist. All you have is the Now Here. You can feel it, in that moment, the Now Here, but you will notice that the mind is still. It is present, but it is focused on what is occurring in the Now Here. The minute you allow the mind to lose its razor focus on the present moment, it begins to wander. Often the mind loses its focus of the Now Here because it is not content with what is going on in that moment. Did you ever notice that if what is going on in the Now Here is exciting, pleasurable, enjoyable or fun the mind tends to keep its focus? But did you also notice when the Now Here is unpleasant, uncomfortable, displeasing, fearful or dissatisfying that the mind is not satisfied with focusing on that uncomfortable moment?

What might your life be like if you were able to train your mind to keep its focus on the uncomfortable Now Here's? Is it possible you would stay present more of the time? Is it possible you would not move as often to the future moment, which of course doesn't really exist because all that truly exists is the Now? The mind moves you to the illusion of the future because the current reality does not feel good. The mind steals your Now Here simply because it does not want to stay focused on something it does not enjoy. And so maybe you can understand why We always suggest you let go of the mind, especially when it takes you away from the present moment.

And when there is nothing in the Now Here, be content with it. When there is discomfort in the Now Here, be content with it. When there is fear in the Now Here, be content with it. Be content with the Now Here more of the time and your suffering will mitigate. Begin to see the beauty, the grace, the opportunity, the potential in each and every Now Here moment. Learn to feel more deeply each and every Now Here moment. When the mind comes up and wants to move the focus away from the present moment, simply stop, take a breath and reassure the mind that all will be fine. Simply slow down what you perceive as time so you can be in the Now Here. Allow yourself to feel the gentle shifting, the gradual transition from this Now Here to the next. No judgment. No losing focus no matter how it feels. Feeling fully the moment that you are in. As you do so you will begin to sense a greater depth of the Now Here. You will realize that there is so much more in each Now Here than you thought there was. You will begin to experience the moments of your life in a much fuller way. Even the unpleasant, uncomfortable moments will offer you so much more when you are prepared to stay present in them.

The Now Here offers you riches beyond your imagining. The only way to fully realize, to fully benefit from those riches is to stay present, stay focused, stay content in each and every Now Here that comes your way.

This way of living will take practice for you to master, but let Us assure you it is worth your effort.

We bring you this message from a place of love. Our love for you is everlasting and unconditional.

January 12, 2017 (Full Moon)