

## NOW

Now is all we have. Now is all we will ever have. Now is all we ever had.  
Tomorrow never comes. The past is gone.

This moment is all there is. We need to learn to be in the moment. Often we are numb to the moment because we are living with a past memory or thinking of what we need to do later. Dwelling on the past or the future does not allow us to be fully in the moment. We miss what is going on. We are stressed, worried, and preoccupied.

Peace, relaxation, and focus can only be accomplished when you are in the now.

The past is gone, and the future never comes. Give your full attention to the moment and what you are doing. That way you will be able to do your best, and you will enjoy what you are doing.

Do what needs to be done now. Tomorrow never comes. If it is worth doing, it is worth doing now. Why delay? If it is of value, then do it. If you wait, you stand a better chance of not getting around to it. If you wait, you will delay the benefit of what you were going to do.

Are you climbing the right mountain? Are you satisfied and fulfilled? Stop, listen, feel, allow the discomfort, look within, look in the dark corners, and the truth that you already know will be waiting for you. Now is the time to find and climb the right mountain.

Now is the best time for interaction. We do not know when a loved one will cross over. If we want to speak to them in the human form, we need to do it today. If it is on our minds, it very likely will be on their minds also. Why not address it with words? Subconsciously we have already spoken and connected. However, it is also of great value to connect with words.

If we do it now, we can reap the benefits longer. If we do it now, we can all feel better now. If we do it now, we do not have to worry about doing it in the future.

Finally, you will begin. You will face your true self, and you will face your fear. You will do what you fear because you know it is right for you. The key is to do it now, when you know it is right, and not delay it for the tomorrow that never comes.

Do it now.