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Topics include

Joy, Suffering, Relationships, and others. These reflections are perfect for personal daily devotions, but could also be used in a group setting since discussion questions are included in an Page 10/41

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How tonBe in the Here and Now -Psych Central To conclude. learning to live in the here and now requires first of all a strong will and secondly a desire to work on it on a daily Page 11/41

basis. Nobody can change their Mocusejust from one week to the next. But when we put our mind to it then we will learn to appreciate much more what really exists: what we can touch, feel and enjoy, the here and now. Page 12/41

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leaders.

Waiting For You: How To Live In The Here And Now Nouwen's words were from his heart--he bared his soul in a few chapters--and they help the reader move toward a deeper relationship with Jesus and a Page 15/41

heart that is more alive. The NitleanHere and Now, refers to one of the main themes: God is in the present with us. We tend to dwell on the past or fear the future, but God is here now, in the present.

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influenced by vour present thoughts. This is why intentional feelgood thoughts are so important to your overall well-being. The next time that you engage in an activity, don't let your mind wander. Page 22/41

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1 ife hecause everything that Misuvishhere and now. Mindfulness is widely accepted and encouraged by philosophers, psychologists, and spiritual quides, but it is not yet present in our mainstream Page 27/41

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Mindfulness Symbol - Here and Now, Present Moment Reminder Now, think about how often that message or notification helps you stay present and aware of the here and now. If Page 28/41

vou're like me. your response to that is probably "Just about never." Our phones are incredible pieces of technology that allow us to do so much more and do it so much more efficiently than ever Page 29/41

before, but we really need to take a break from our phones at least once in a while.

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arise that can sometimes seem insurmountable. When I'm faced with obstacles and life seems really difficult, my unconditional love for myself gives me the strength to continue.

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Living in the
moment is a form
of thinking
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yesterday crowd out today and you don't let fear of tomorrow dominate your actions. Everything in balance and living for now, with a little bit of future thought for consequences, and you'll be

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of a million. never saved one Modon?nt ever buy green bananas, don? t believe I? ll ever leave Savannah I don? t worry about tomorrow 'til it comes

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