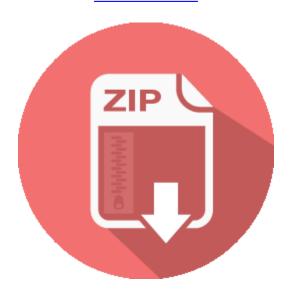
# YOU ARE HERE DISCOVERING THE MAGIC OF THE PRESENT MOMENT



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## **YOU ARE HERE Discovering the Magic of the Present Moment**

In order to truly love ourselves, or others, we must be here now, in the present. Being present can be as simple as concentrating on our breath. Generating our own presence is the most precious gift we can offer society. I read You are Here at an opportune time in my life.

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# You are here discovering the magic of the present moment

This moment is the gateway to enlightenment. It is the only moment we have to be joyful, mindful, and awake.

The key is to be there for yourself?to learn to be fully present in your life. This, Thich Nhat Hanh explains, is the heart of Buddhist practice.

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