

July 9, 2017 Topic: "The Time is NOW"

"You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present."

~Jan Glidewell~

"The ability to be in the present moment is a major component of mental wellness."

~Abraham Maslow~

"Accept - then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy. This will miraculously transform your whole life.

"Life is now. There was never a time when your life was not now, nor will there ever be."

~Eckhart Tolle~

"The living moment is everything."

~D.H. Lawrence~

"Having spent the better part of my life trying either to relive the past or experience the future before it arrives, I have come to believe that in between these two extremes is peace."

~Author Unknown~

"Each morning we are born again. What we do today is what matters most."

~Buddha~

"The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles...but to live in the present moment wisely and earnestly."

~Buddha~ Power of Now quotes

"Learn from the past, set vivid, detailed goals for the future, and live in the only moment of time over which you have any control: now."

~Denis Waitley~ Power of now quotes

"Do not wait; the time will never be 'just right'. Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along."

~Napoleon Hill~

"We must not allow the clock and the calendar to blind us to the fact that each moment of life is a miracle and mystery."

~H. G. Wells~ Power of Now quotes