

Right Here, Right Now






Being in the moment means noticing what's going on - right here, right now.

Sit and relax for a few minutes.

Use your eyes, ears, nose, mouth, and body to pay attention.

What's going on right here, right now?



Right here, right now...	
	I can see...
	I hear...
	I can feel...
	I can smell...
	I taste...