

***Live in the Present***  
***Rabbi Zev-Hayyim Feyer***

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Our thought for today is  
*LIVE IN THE PRESENT*

There is a sacred spiritual moment. It exists here and now, not "there and later."

*LIVE IN THE PRESENT*

All the love of life and all the truths of life can be enjoyed  
in the moment it takes to be aware of this reality.

*LIVE IN THE PRESENT*

To seize the moment and to fulfill its purpose is a  
spiritual and psychological mandate for a rewarding life.

*LIVE IN THE PRESENT*

Repressed guilts of the past clutter up our present, and depressing  
reminiscences of what might have been destroy our power to  
mature and to relate effectively to our immediate involvements.

*LIVE IN THE PRESENT*

*Now* never has to come! *Now* will never leave!

*LIVE IN THE PRESENT*

It is always here; like a clear canvas, it awaits our painting.

*LIVE IN THE PRESENT*

And now, let us enter the silence, taking this thought with us and resting in it

*LIVE IN THE PRESENT*