

## THE STRENGTH OF NOW

The strength is in the *now*, not in the words, although I'm feeling happy.

The strength is in the *now* and, knowing this, I know myself a little.

The strength is in the *now*. I need no strength to bargain with tomorrow.

The strength is in the *now*. I am OK. I'll cope all right – on Sunday.

The strength is in the *now*. The strength I have is all I need at present.

The strength is in the *now*. It seems as if I'd stood here all my life.

The strength is in the *now*. Nothing else matters. I'm walking up and down.

The strength is in the *now*. Moments like these are too valuable to lose.

The strength is in the *now*. Nothing is moving. Even my mind stands still.

The strength is in the *now*. The words I whisper are written on this page.

The strength is in the *now*. I pray for Patrick and hope that prayer will help.

The strength is in the *now*. By chance the light of dawn glimmers in the sky.

The strength is in the *now*. I have begun to hear the words inside me.

The strength is in the *now* – not in *me*, myself, or anybody else.

The strength is in the *now*. No idle chatter. A serious matter.

The strength is in the *now*. He lifts the kettle and makes a pot of tea.

The strength is in the *now*. In themselves the words are trite and meaningless.

The strength is in the *now*. This is not the man who went to bed last night.

The strength is in the *now*. Could this be a cure for bi-polarity?

The strength is in the *now*. I feel so centred, I'm so serene and stern.

The strength is in the *now*. He has been thinking positively all night.

The strength is in the *now*. He faces the challenge of a newborn day.

The strength is in the *now* but how will he relate to his wife and friends?

The strength is in the *now*. And the now means Namu Amida Butsu.

May all sentient beings find their home in the Land of Peace and Bliss.