



Here and now is your only chance to be alive. This particular moment, this particular breath. All it takes is fiercely loving it with your eyes open. Embracing its every single molecule, sound, sight, smell, sensation, and emotion. Opening yourself up to it, and then doing the same again and again.

Here and now is an invitation. You get to choose how you live it. You get to choose every single time, every single moment.

Here and now gets you closer to all life. When you embrace your 'now', you are embracing all there is, with compassion.

Let's be here, right now. If you have trouble being here and staying present, **reach out to me** and let's figure out together what energetic wounds might be between you and unconditional pure presence.

With love and light,

Damla