**Now Living**

**Exodus 16:15 Manna is like coriander seed, white, and the taste of it is like honey in the comb. The Hebrews gathered it from day to day. But on Friday they gathered for the Sabbath day also and it remained fresh. But on the other days of the week, when they broke the divine command and gathered more than their daily bread, and had some left over for the next day, they always found worms in it. *(George M. Lamsa, in Old Testament Light, p. 132)***

**This is the day that the Lord has made;  
we will rejoice and be glad in it.**

***(Psalm 118:24)*  
  
Do you not say that after four months comes the harvest?**

**Behold, I say to you, Lift up your eyes and look at the fields**

**which have turned white and have long been ready for the harvest.**

***(St. John 4:35)***

**Now is the acceptable time;   
and behold now is the day of salvation.  
*(2 Corinthians 6:2)***

**Affirmation: I thank You, God, for my past, that I can learn from it. I thank You for my future, and I know there is good in it. But most of all, I thank You for the newness that I am today. I savor each moment. *(Richard & Mary-Alice Jafolla, in The Quest)***

**The following piece, Just for Today, used successfully for many years by Alcoholics Anonymous, holds a message for all of us: Just for today, I will try to live through this day only, and not tackle my whole life problem at once. I can do something for 12 hours that would appall me if I felt I had to keep it up for a lifetime. *(Bits & Pieces)***

**All the substance of the Universe, and all the wealth that has ever manifested itself or ever will manifest itself in this world, is present right now. *(Dr. Eric Butterworth, in Spiritual Economics, p. 93)***

**People do not live in the present always, at one with it. They live at all kinds and manners of distance from it, as difficult to measure as the course of planets. Fears and traumas make their journeys slanted, peripheral, uneven, evasive. *(Anais Nin, American writer)***

**A charming old gentleman used to stop by occasionally at an antique shop in New Hampshire to sell furniture. One day after he left, the antique dealer’s wife said she wished she had told him how much she enjoyed his visits. The husband said, “Next time let’s tell him so.” The following summer a young woman came in and introduced herself as the daughter of the old gentleman. Her father, she said, had died. Then the wife told her about the conversation she and her husband had had after the father’s last visit. The young woman’s eyes filled with tears. “Oh, how much good that would have done my father!” she cried. “He was a man who needed to be reassured that he was liked.” “Since that day,” the shopkeeper said later, “whenever I think something particularly nice about a person, I tell them. I might never get another chance.” *(Bits & Pieces)***

**Usually I try to take it one day at a time, but lately several have attacked me at once. *(Ashleigh Brilliant, in Pot-Shots)***

Frank says to Ernest: “Why is it they are always yesterday’s bananas or tomorrow’s bananas, and never today’s banana’s?” *(Bob Thaves, in Frank & Ernest comic strip)*

BEE-ING PRESENT: I’m capable of living in the moment – especially the moment of sitting on my sofa and watching other people’s moments. *(Samantha Bee, comedian and reporter)*

A THOUGHT TO REMEMBER: The best time to do something is between yesterday and tomorrow. *(Reminisce magazine)*

Seize the moment. Remember all those women on the Titanic who passed up dessert. *(Erma Bombeck)*

**If you’re ever going to be what you want to be, heed the words of comedian Sid Caesar: “There are the Nows, Was’s, and Gonna-Be’s. A Now is the most precious thing you can have, because a Now goes by with the speed of light. Let’s say you’re having a beautiful Now that you want to hold on to forever. No matter how much you want to hold on to it, it’s going to be a Was. A lot of people get stuck in and can’t let go of the Was’s. Those Was’s get heavy, and they start to decay into Shoulda-Couldas. And they never have time for the new Now. Follow this advice and you’ll be what you always felt you were Gonna-Be.”*(Dr. Delia Sellers, in Abundant Living magazine)*  
  
True generosity toward the future consists in giving everything to the present. *(Albert Camus)***

**Live every day like it’s your last, ‘cause one day you’re gonna be right. *(Ray Charles, in Esquire magazine)***

**Historians explain the past and economists predict the future. Thus, only the present is confusing. *(Earl Wilson)***

**The present contains nothing more than the past, and what is found in the effect was already in the cause. *(Henri Bergson)***

**Frequently when I’m in a hospital room with a “dying” patient, we are laughing. Out in the hallway, the other staff members often think we are denying reality. We must realize that people aren’t “living” or “dying,” they are either alive or dead. As long as they are alive, we must treat them that way. For this reason, I find the word “terminal” very upsetting. It means we’ve begun to treat that person as though he or she were already dead, incapable of laughter and joy. *(Dr. Bernie Siegel, in Love, Medicine and Miracles)***

**Now isn’t then. Now is the beginning. *(Chris Evert, retired tennis champion)***

**There is no such thing as was -- only is. *(William Faulkner, iconic American writer)***

**Myrtle Fillmore’s speaking rarely consisted of formal addresses, but was more likely to consist of the inspiration that came to her at the moment. *(James Dillet Freeman, in The Story of Unity, p. 15)*  
How wonderful it is that nobody need wait a single moment before beginning to improve the world. *(Anne Frank)***

Hagar: “My philosophy is to live each day to the fullest!” Helga: “That’s why your glass is always full!” *(Chris Browne, in Hagar comic strip)*

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**After Mom looks around the room and observes the mess that the children have made, she says to her husband: “Our future would look a lot brighter if it didn’t have to start with NOW!” *(Bil Keane, in The Family Circus comic strip)***

**This is the only future you will ever know – this place called now. *(Ashleigh Brilliant, in Pot-Shots)*  
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Yesterday’s the past, tomorrow’s the future, but today is a GIFT. That’s why it’s called the present. *(Bil Keane, in The Family Circus comic strip)***

**Each new today is a gift – that’s why it’s called the present! And each tomorrow is another present we haven’t unwrapped yet! *(Tom Wilson, in Ziggy comic strip)***

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**If you want to spend tomorrow being glad you did it, you have to do it today. *(Ashleigh Brilliant, in Pot-Shots)***

**God made the world round so we would never be able to see too far down the road. *(Isak Dinesen, Danish author)***

**Right where you are is as green as the grass will ever get. Within you is a potential for happiness that does not diminish nor ripen over time. Happiness doesn’t need time to ripen, it only has to be called forth. It is ever available, ever waiting. *(Richard & Mary-Alice Jafolla, in The Quest)***

**You live your life today -- not tomorrow, and certainly not yesterday. *(John Grisham, American writer, politician, and writer)***

**In the Santa Maria, CA Easy-Ad: “Handyman -- I can do anything your husband can do, only I’ll do it now!” *(Reader’s Digest)***

**I’m happy living in this place called today – but my lease expires at midnight. *(Ashleigh Brilliant, in Pot-Shots)***

**Heaven and hell is right now – you make it heaven or you make it hell by your actions. *(George Harrison)***

**Hawaii's newest black sand beach: Last spring, an 8-mile-long river of lava flowed down the slopes of Kilauea, destroying everything in its path, said Christine Hitt in the Los Angeles Times. "But part of what is left behind offers a glimmer of hope for the battered land and economy: a new black sand beach." I recently visited Hawaii's largest island to see the long, wide crescent in Isaac Hale Beach Park. The wild, tropical terrain at the base of Kilauea is, I soon remembered, "unlike anywhere else in the islands." I strolled the gorgeous, palm-framed beach, my feet crunching the coarse sand created when hot lava hit the cold ocean water, producing explosions. People young and old were swimming in newly formed thermal pools. And as a kahu, or priest, blessed the beach, men, women, and children -- including some who'd lost homes -- placed leis on the sand in a gesture of respect and gratitude. "In the land ruled by Kilauea, change can come all too quickly, so it's best to make memories now." *(The Week magazine, February 8, 2019)***

**It’s so nice to get flowers while you can still smell the fragrance. *(Lena Horne, in People magazine)***

**I am not afraid of tomorrow, for I have seen yesterday and I love today. *(William Allen White, American journalist)***

**Little boy: “I want an ice cream!” Mother: “What else do we say?” Little boy: “NOW!” *(Romaine Horowitz, in Reader’s Digest)***

**It’s interesting to re-live the past -- but it sometimes takes up too much of the present. *(Ashleigh Brilliant, in Pot Shots)***

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**Jesus great contribution was that He dared to put religion into the “present tense.” He talked of Salvation NOW, of the help of God at hand NOW, and He proved that the day of miracles is NOW. For this He was called a blasphemer. For this He was considered a dangerous heretic and was crucified, all because He dared to teach men that spiritual principles could be used by all men according to faith. Today Unity is daring to proclaim the practical aspect of Christianity, the imminence of God and His power, to teach religion in the Present Tense. And for this Unity is considered by many traditionalists as a dangerous influence, an evil, by those who insist upon adhering to a crystallized creed that has arisen from a literal acceptance of an infallible Bible. *(A Synoptic Study of the Teachings of Unity, p. 56)***

**Jesus challenges us to consider a new concept. We must stop thinking of life as a journey between two points on an endless highway. It is this subconscious feeling that leads to hurry and rush and tension. Life is eternal, and we are alive in eternity now. *(Dr. Eric Butterworth, in Discover the Power Within You, p. 132)  
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**It never stops being now. The journey back to God is the journey back to now. To ascend into heaven is to sink so deeply into now that we lose interest in past regrets and anxious anticipations. But I make this so complicated. “Should I plan for dinner; should I apologize for what I said yesterday; should I make out a will . . . ?” To think about what it means to be in the present is not to be in the present. Little children are so unsophisticated that they run around, giggle, stare at strangers, taste rocks, and just altogether have way too much fun. They’re so clueless, they don’t even know they have mastered advanced metaphysical concepts and mystical techniques. Today I too will practice being clueless. *(Hugh Prather, in Morning Notes)***

**A ship does not sail with yesterday’s wind. *(Louis L’Amour, novelist)***

**Whatever you want to do, do it now. There are only so many tomorrows. *(Michael Landon)***

**We should live and learn; but by the time we’ve learned, it’s too late to live. *(Carolyn Wells)***

**Ziggy: “The great thing about a things-to-do-today list is that no matter when you get them done, it’s always today!” *(Tom Wilson, in Ziggy comic strip)***

**To live in the present is to live in eternity. *(Wittgenstein)***

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**If you want to know your past, look at the present. If you want to know your future, look at the present. *(Pahmasambhava, eighth-century Tibetan Buddhist sage)***

**Much of my life I have looked for God in the momentous, while he’s been waiting in the moment. *(Mike Yaconelli)***

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**While a man was reading the newspaper, his wife asked, “Will you still love me when I’m old and gray?” “Sure I do,” he mumbled. *(Dick Strauss)***

**The people wandering in the wilderness were told that they would be supplied with manna from heaven every day, each one always receiving abundant for his needs, but they were on no account to try to save it up for the morrow. *(Emmet Fox, in The Sermon on the Mount, p. 181)***

**A friend often told me about the problems he had getting his son to clean his room. The son would always agree to tidy up, but then wouldn’t follow through. After high school the young man joined the Marine Corps. When he came home for leave after basic training, his father asked him what he had learned in the service. “Dad,” he said, “I learned what ‘now’ means.” *(Jan King, in Reader’s Digest)***

**A young boy traveled across Japan to the school of a famous martial artist. When he arrived at the dojo, he was given an audience by the sensei. “What do you wish from me?” the master asked. “I wish to be your student and become the finest karateka in the land,” the boy replied. “How long must I study?” “Ten years at least,” the master answered. “Ten years is a long time,” said the boy. “What if I studied twice as hard as all your other students?” “Twenty years,” replied the master. “Twenty years! What if I practice day and night with all my effort?” “Thirty years,” was the master’s reply. “How is it that each time I say I will work harder, you tell me that it will take longer?” the boy asked. “The answer is clear. When one eye is fixed upon your destination, there is only one eye left with which to find the Way.” *(Joe Hyams, in Zen in the Martial Arts)***

**Don’t put off for tomorrow what you can do today, because if you enjoy it today you can do it again tomorrow. *(James A. Michener, in The Drifters)***

**As enlightened masters have taught since the beginning of time, when we are truly committed to living in the present, in acceptance of ourselves and our surroundings, miracles can happen. *(Niro Markoff Asistent, who converted from HIV positive to HIV negative, in New Age Journal)***

**Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin. *(Mother Teresa)***

**I Am: I was regretting the past and fearing the future. Suddenly my Lord was speaking: “My name is I Am. When you live in the past, with its mistakes and regrets, it is hard. I am not there. My name is not I Was. When you live in the future, with its problems and fears, it is hard. I am not there. My name is not I will be. When you live in this moment, it is not hard. I am here. My name is I Am.” *(Helen Mallicoat)***

**A man is stranded in the desert without water. As he crawls across the burning sands, he meets a salesman, who attempts to sell him a necktie. “You must be crazy,” the man rasps. “I'm dying of thirst, and you want to sell me a necktie?” The salesman shrugs his shoulders and continues on his way. Late in the afternoon, the parched traveler looks up and can hardly believe his eyes. There in the middle of the barren wastes is a modern cocktail lounge, neon lights and a parking lot filled with cars. He crawls to the door, “Please, I've got to have something to drink,” he says, near collapse. “Sorry,” says the doorman. “No one's admitted without a tie.” *(Alex Thien, in Milwaukee Sentinel)***

**It’s not easy to sell insurance to people who believe in taking one day at a time. *(Ashleigh Brilliant, in Pot-Shots)***

**This is the only future you will ever know – this place called now. *(Ashleigh Brilliant, in Pot-Shots)***

**Doing the best at this moment puts you in the best place for the next moment. *(Oprah Winfrey)***

**We were discussing the philosophy of “Live each day as though it were your last.” “Well,” said the sweetest old lady of the group, “that’s a fine saying, but for 20 years I’ve been using a philosophy that’s a little different. It’s this: ‘Treat all the people you meet each day as though it were their last day on earth.’” *(Barbara Reid, in Reader’s Digest) Reader’s Digest: Getting The Most Out Of Life, p. 216)***

“Why is it,” said a rich man to his minister, “that people call me stingy when everyone knows that when I die I’m leaving everything to this church?” “Let me tell you the story of the pig and the cow,” said the minister. “The pig was unpopular and the cow was beloved. This puzzled the pig. “People speak warmly of your gentle nature and your soulful eyes,” the pig said to the cow. ‘They think you’re generous because each day you give them milk and cream. But what about me? I give them everything I have. I give bacon and ham. I provide bristles for brushes. They even pickle my feet! Yet no one likes me. Why is that!’” “Do you know what the cow answered?” said the minister. She said, ‘perhaps it’s because I give while I’m still living.’” (Bits & Pieces)

**The best time to plant a tree was 20 years ago. The second best time is now. *(Chinese proverb)***

**“Now” is a point in time that is already gone. *(The PassTime Paper)***

**Experiences shouldn’t be prerecorded to be “aired” later in life. I’ve watched people at Yellowstone so bent on collecting “records” to enjoy later that they missed the beauty of the park. They were so busy shooting pictures, buying souvenirs, T-shirts and maps that they never took a minute to stand and soak in that spectacular place. We can’t prerecord our life to replay, because at the replay we’re only spectators. The joy comes from the participation. Preoccupation with preservation doesn’t heighten an experience; it diminishes it. *(Don Aslett, in Cutter’s Last Stand)***

**If you start your day with these four questions, you’ll make every day a more productive day . . .**

1. **What’s the best thing that can happen today?**
2. **What’s the worst thing that can happen today?**
3. **What can I do today to make sure that the best thing does happen?**
4. **What can I do today to make sure that the worst thing doesn’t happen? *(Bits & Pieces)***

**Yesterday is a canceled check; tomorrow is a promissory note; today is ready cash – use it. *(Kay Lyons)***

**Garfield: “You know, today bears a striking resemblance to yesterday. For all I know, this could be yesterday.” Man: “Don’t you have anything to do?” Garfield: “Nothing that can’t wait until tomorrow.” *(Jim Davis, in Garfield comic strip)***

**I firmly believe you should never spend your time being the former anything. *(Condoleezza Rice, former U.S. secretary of state)***

**Do what you can with what you have right where you are. *(Theodore Roosevelt)***

**My formula for living: being able to forget everything that happened yesterday and live in the present. *(Dinah Shore)***

**Now are we the Sons of God -- right now. When a man hears the word “now” in its true sense he finds he has been spelling it backward, and that in reality the “now” understood means “won.” You have won the sonship and all that goes with it when you understand the “now” of Spirit. *(Walter Lanyon, in Abundant Living magazine)***

**On a TRIP to town, grandson Kylan, 4, asked if we could stop for ice cream with strawberries and whipped cream on top. “You mean a sundae,” I said. He replied, “No, Grandma – I mean today.” *(Diane Helzer, in Country Woman magazine)***

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**There is one thing for which all can be thankful, and it is generally overlooked. We can all be thankful for the present moment, because it is what we do and the way we think in the present moment that changes our past and determines our future. *(Doug Hooper)***

**Stinky, what are you thankful for? Just two things, here and now. *(Patrick McDonnell, in Mutts comic strip)***

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**Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth. *(Henry David Thoreau)***

**Let us not look back in anger, nor forward in fear, but around in awareness. *(James Thurber)***

**Time travel: Not in this universe? Sorry, science-fiction fans: Time travel is impossible. That is the sobering conclusion, anyway, of a Hong Kong-based team of physicists. They found that the maximum speed of a single photon, the basic unit of light, “obeys the traffic law of the universe,” Agence France-Presse reports. The photon cannot go faster than the speed of light – 186,282 miles per second – and thus provides no way around the law of physics that an effect can’t come before its cause. Previously, scientists had noticed that in certain mediums, light appeared to exceed its set limit. But when the Hong Kong researchers shot photons through atoms chilled to one ten-thousandth of a degree above absolute zero, they could make more-precise measurements of the waves they generate in the material ahead of them. It turns out even those “optical precursors” can’t break the speed-of-light barrier. Lead researcher Du Shengwang says that means the “information carried by a single photon” can only exist in the present. But the finding doesn’t refute other prospects for time travel, such “wormholes,” which could serve, in theory, as cosmic short-cuts between distant times and places. *(The Week magazine, August 12, 2011)***

**Yesterday is experience, tomorrow is hope, today is getting from one to the other as best we can. *(Bits & Pieces)***

**Today is the tomorrow we worried about yesterday, and all is well. *(Submitted by Guideposts reader Wanda Shealy, quoting a saying that hung in her mother’s kitchen)***

**The trip you can enjoy today because of the person you are may be a frustratingly unhappy one tomorrow because of the person you have become in the meantime. Go wherever you have always wanted to go. Go as soon as you can, for as far as you can, for as long as you can*. (Bob and Patti Carpenter, in Road Rider magazine)***

**Sticking with uncertainty is how we learn to relax in the midst of chaos, how we learn to be cool when the ground beneath us suddenly disappears. We can bring ourselves back to the spiritual path countless times every day simply by exercising our willingness to rest in the uncertainty of the present moment – over and over again. To the extent that we stop struggling against uncertainty and ambiguity, to that extent we dissolve our fear. Total fearlessness is full enlightenment – wholehearted, open-minded interaction with our world. *(Pema Chodron, in Comfortable with Uncertainty)***

**Look to this day for yesterday is but a dream, and tomorrow is only a vision, but today, well lived, makes every yesterday a dream of happiness and every tomorrow a vision of hope. Look well, therefore, to this day. *(Sanskrit proverb)***

**It’s comforting to know that whatever happens tomorrow will have absolutely no effect on today. *(Ashleigh Brilliant, in Pot-Shots)***

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Do any human beings ever realize life while they live it – every, every minute? (Thornton Wilder, in Our Town)

**Enjoy your ice cream while it’s on your plate – that’s my philosophy. *(Thornton Wilder)***

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I’m a terrible rearview-mirror guy. I prefer the windshield. *(Pharrell Williams, musician, in People magazine)*

The present is the ever-moving shadow that divides yesterday from tomorrow. (Frank Lloyd Wright, in The Living City)

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