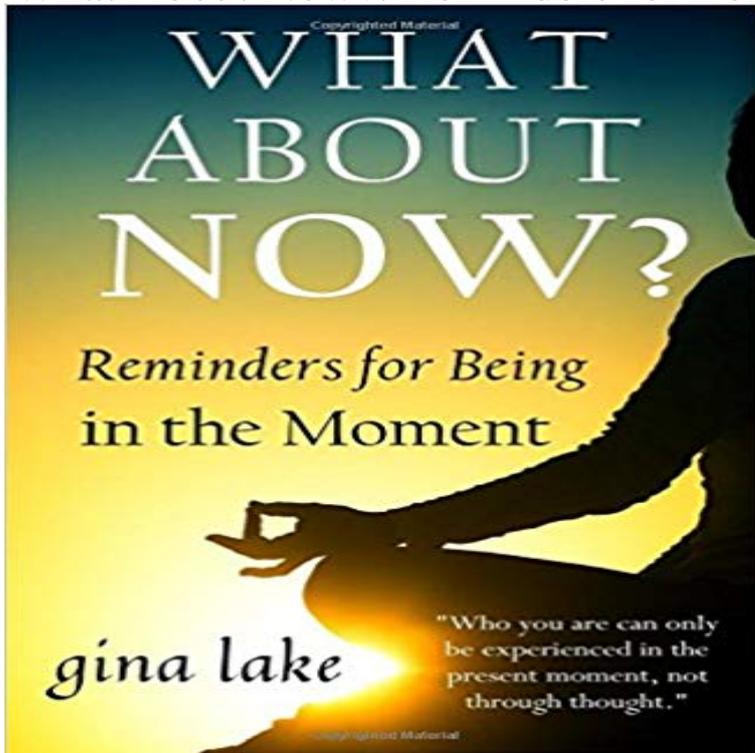


What About Now?: Reminders for Being in the Moment



The secret to happiness is moving out of the mind and learning to delight in each moment. In *What About Now*, you will find over 150 quotes from Gina Lakes books-*Return to Essence*, *Embracing the Now*, *Radical Happiness*, and others-which will inspire and enable you to be more present. These empowering quotes will wake you up out of your ordinary consciousness and help you live with more love, contentment, gratitude, and awe. Here are some samples: Experiencing what you are experiencing and experiencing your thoughts are very different realities. When you are experiencing what you are experiencing, you are at peace, relaxed, content, absorbed, with no thoughts about me or how I am doing, or any other stories, which are the egos version of reality. Instead of experiencing reality, the ego tells a story about it, and that becomes its reality. Watch the mind as it tries, in every moment, to co-opt experience by translating it into a story. It tries to draw you away from experience into a mental world that simulates experience. It tries to draw you into an imagined story about the experience. If it succeeds, that story becomes your experience. If you agree to go to this mental world, feelings will also arise and add reality to this world, but it is still a mental world. Surrender happens simply and naturally whenever we stop paying attention to our minds version of life and start paying attention to life, itself, as it is coming out of the Now. There's something else to do besides think! And that is to notice, to be aware of what is happening now. Notice, look, feel, listen, sense, and give yourself fully to the experience you are having, and you will drop into the Now.

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[\[PDF\] Crucible of Fate \(Change of Heart Book 4\)](#)

[\[PDF\] The Mysterious Key and What it Opened](#)

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