# Mantra for the Present Moment <br> $\sim \sim \sim \sim$ 

1. Take 2 or 3 deep breaths and relax.
2. Repeat the affirmations below with each subsequent breath.

## I am here.

I am now.
I am love.

We are here.
We are now.
We are love.
There is only here.
There is only now.
There is only love.

