

Existence



- Nothing exists beyond the realms of your own senses.
- There is nothing that exists beyond the present moment.
- In any given instance you exist in all and every possible form.

There is no past or future time. Only this precise moment actually exists.

All that is believed to have happened in the past is now just memories ...
To change the past - insert new memories!

Why worry about the future - Once it has passed it will also just be a memory.

Every situation is temporary. Nothing is permanent.

