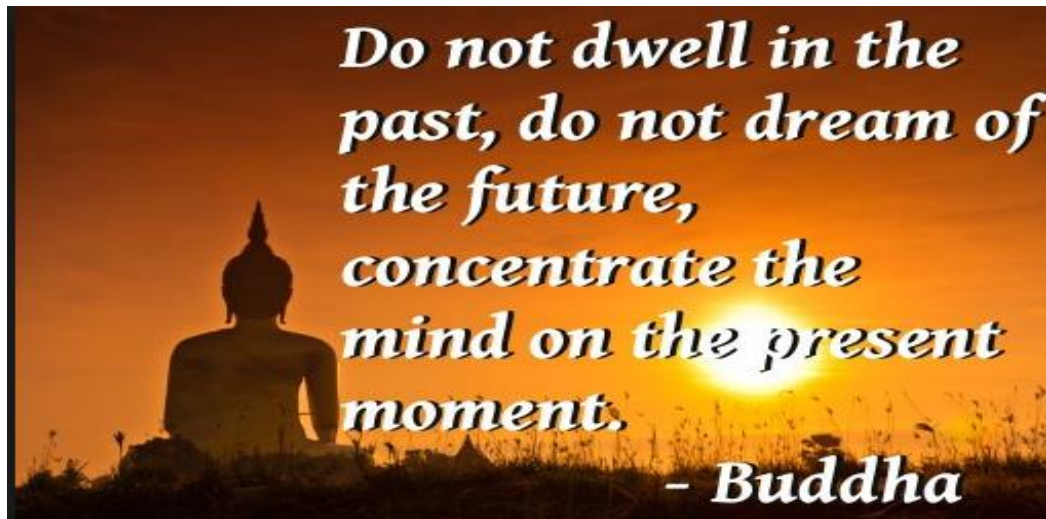


The Present Moment 目前的時刻



The Present Moment in Buddhism

Buddha said "What you are is what you have been. What you will be is what you do now. If you want to know your past life, look into your present condition; if you want to know future life, look at your present actions."

"The past is already gone, the future is not yet here. There's only one moment for you to live, and that is the present moment" by Gautama Buddha.

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." By Buddha.

WHAT WE ARE TODAY COMES
FROM OUR THOUGHTS OF
YESTERDAY, AND OUR
PRESENT THOUGHTS BUILD
OUR LIFE OF TOMORROW:
OUR LIFE IS THE CREATION
OF OUR MIND.

~ Guatama Buddha

LIFE CAN ONLY TAKE
PLACE IN THE
PRESENT MOMENT.
IF WE LOSE THE PRESENT
MOMENT, WE LOSE LIFE.
~ BUDDHA

The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly.
Buddha

The secret of health for both mind and body is not to mourn for the past, not to worry about the future, nor to anticipate troubles, but to live in the present moment wisely and earnestly. -
Buddha

**DO NOT DWELL IN THE PAST
DO NOT DREAM OF THE FUTURE
CONCENTRATE THE MIND ON
THE PRESENT MOMENT**
Buddha





The secret of health for both mind
and body is...live the present
moment wisely and earnestly.

— *Gautama Buddha* —



Do not dwell in the past, do not dream of the
future, concentrate the mind on the present
moment.

(Buddha)