

# Living in the Here and Now

1.

The time is here, the time is now  
To let go of your fears and let the ECK come inside  
Don't be afraid, (don't be afraid)  
Don't be attached, (don't be attached)  
By living in the here and now  
By living in the here and now

2.

The time is here, the time is now  
To detach from all your worries, and let the Mahanta lift you up  
Let go of the past, (let go of the past)  
Let go of tomorrow, (let go of tomorrow)  
By living in the here and now  
By living in the here and now

3.

The time is here, the time is now  
To detach from all your worries, and let the Mahanta lift you up  
Let go of the past, (let go of the past)  
Let go of tomorrow, (let go of tomorrow)  
Don't be afraid, (don't be afraid)  
Don't be attached, (don't be attached)  
By living in the here and now  
By living in the here and now  
By living in the here and now  
By living...  
in the here and now.

