

Golden Key Guidelines

Section VI

Addendums

Addendums

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Addendum:

Be Here Now

Addendum: Be Here Now

<p style="text-align: center;">The Motto for Be Here Now</p>	<p style="text-align: center;">The Golden Key Prayer for Presence</p>
<p style="text-align: center;">“Yesterday is History; Tomorrow is a Mystery Today is a Gift; That’s why we call it the PRESENT</p>	<p style="text-align: center;">Thank you, God, for keeping me present to the present moment, AND, present to your loving presence: HERE, NOW, AND FOREVER</p>

Can you get the present moment – STAT? Can you get to the presence of God... In the present moment?

Can you **BE HERE NOW – NOW! NOW AND FOREVER NOW.**

⇒ The present moment will never overwhelm you.

It is only 20 seconds long (So... How do you

Eat an Elephant? One bite at a time!)

Be Here Now & *The Discipline*

PR

- ⇒ This is spiritual discipline. Profound. Play with it constantly!
- ⇒ This is the only true security of God in this world: be WHOLY present to the holy presence of God. GOD says: "THINK ME"
- ⇒ You are only safe in this present moment in the Arms of God.
- ⇒ Get to nothing else. You must think about God (and nothing else).
- ⇒ Get no | where. Which is now | here.
- ⇒ Stop thinking

Detachment from ALL

Especially from suffering EGO Death, now!

You are NOT who you think you are

Be Here Now

p3

The present moment is complete unto itself. Full of just itself for no reason... at all. The past no longer exists unless you put it in the present. It is **not** real. The future does not exist either, unless you drag it into the present! You only suffer when you, (aka: ego), tell yourself stories that hurt using the past or the future.

The Boy

BE HERE NOW: "Yesterday is HISTORY:
Tomorrow is a MYSTERY;
TODAY IS A GIFT; THAT'S WHY WE
CALL IT THE PRESENT!"



Can you get present to the presence of
God... IN THE present moment - IE

BE HERE NOW!

▶ The present moment will never overwhelm you → It is only 20 seconds long... How do you eat an elephant? ONE note at a time!

This is a spiritual discipline

PLAY WITH IT constantly!

This is the only true security in this world: Be Holy (wholly) present to the Holy presence in this Present moment

Get to Nothing

Get to Nowhere

Detachment from suffering
Ego death! No thinking

No | where = Now | Here

And you are

Be Here Now

Detachment

Get to nothing: Detachment from suffering ego death. No thinking,

GO to nowhere. Ego, death, no thinking. NO PAST OR FUTURE. JUST HERE; NOW.

There is nowhere to go, and nothing to get” (Landmark)

Yes- note a little play on words here :

“nowhere” to go becomes Go to now|here! (Be here now)

And nothing to get becomes – by all means find / obtain/ get the sacred gift of being nothing (i.e.... NO EGO). So, God can be your everything. By all means – get to

Nothing:

Subtract yourself from yourself!

Be Here Now

“The Litany of what if”

You start with “What if” → then “What if” → then “What if...”

And then you keep going to your worry-wart hell. The Litany gets worse and worse until you are surely dying of pancreatic cancer – starving and homeless living under a bridge, hooked on drugs, beaten regularly, totally abandoned and broke and...

STOP! There is no cheese down that tunnel!

WHAT IF ?....

Try this litany instead: “What if...”

- So what?
- What’s so?
- Now what?
- What does God want?
- Listen to the Sound of Silence and hear what God wants.
- Do what God wants

The End!

Be Here Now

Rules for Upset

A. When you are upset:

DO NOT EVER GO TO THE PAST! You will have black sunglasses on. And you will only see the broken hearts; the mistakes. "Woulda, coulda, shoulda."; regrets; resentments; failures; THE SINS

B. When you are upset

DO NOT EVER GO TO THE FUTURE! You will have black sunglasses on. And you will only see the "What if's", problems, tears, pain, suffering, and death for yourself and all that you love.

C. When you are NOT upset:

In the past, present, or future, HAVE FUN! However, whenever you get upset: DROP EVERYTHING! Go to the present moment ONLY. Bring the presence of God to the present. And you will be safe, no matter what.

Be Here Now

Get present to the present moment and bring the presence of God to the present moment. Then, you will be safe. No matter what!

Please memorize the following ways to make your ego disappear:

- Constant prayer, contemplation, meditation
- Find inspiration / awe / wonder / miracles
- Be of service / listen to others
- Enter into a real conversation with others, a conversation for possibilities
- Think about God instead
- Avoid using the egocentric words of “I” “me” “my” “mine”. In your own mind, refer to yourself in the 3rd person (use your name when you refer to your EGO self). Don’t say “I”.

REMEMBER:

1. I work on God’s time and God’s time is timeless.
2. It is more important to be effective, powerful, complete and righteous than it is to be efficient, doing something the right way; whether it is wrong to do it, or not.
3. Learn the spaces of no time and the sound of silence: LISTEN:
Ahh-Umm – Eastern sound of silence
Amen – Western sound of silence

Learn to Meditate!

Addendum Be Here Now

"One Day At A Time"

P10

from Henry (Hank) Bower
his funeral poem:
one of his favorites
01-31-15

LIVE ONE DAY AT A TIME, MY FRIEND
SOON THE PRESENT WILL BE PAST --
FORGET THOSE THINGS THAT BOTHER YOU,
AND MAKE THE GOOD THINGS LAST.

AND
Do one thing
@ a time

LIVE ONE DAY AT A TIME, MY FRIEND
WHATEVER COMES ALONG ---
WHAT'S PAST IS PAST, JUST LET IT BE,
AND SING A JOYFUL SONG.

AND
Do one thing @ a time

LIVE ONE DAY AT A TIME, MY FRIEND
TOMORROW'S YET TO COME ---
TODAY IS FULL OF HOPE AND LOVE,
SO HELP YOURSELF TO SOME.

AND
Do one thing @ a time

LIVE ONE DAY AT A TIME, MY FRIEND,
AND HAPPY YOU WILL BE;
RELAX, REJOICE, AND JUST LET GO,
AND SET YOUR SPIRIT FREE!!!

AND
Do one thing
@ a time

By: HOPE C. OBERHELMAN

Be Here Now ¹/₂ Sanctuary

p11

Here is a song for the Divine Presence
from the Catholic ACTS Retreat:

Sanctuary

Lord please make me

A sanctuary

Pure and Holy

Tried and True!

With Thanksgiving

I'll be a living

Sanctuary

Just for you!