

Present Moment

By Joe Reilly, with some words by Thich Nhat Hanh, used with permission.

Its the P-R-E-S-E-N-T-M-O-M-E-N-T/we be free in the P-R-E-S-E-N-T-M-O-M-E-N-T/sing with me in the present moment/wonderful moment/present moment/wonderful moment/present moment/wonderful moment/this present moment is so wonderful/

Reflective of collective consciousness/its not just this individual syllable/see how these words combine to form this rhyme/infinite in space and time/its always been a seed planted in your mind/so sit back and recline and soak in the sunshine flowing from these lines/into your mind/

It's the P-R-E-S-E-N-T-M-O-M-E-N-T/we be free in the P-R-E-S-E-N-T-M-O-M-E-N-T/sing with me in the present moment/wonderful moment/present moment/wonderful moment/present moment/wonderful moment/this present moment is so wonderful/

I want to play with you today underneath the sunshine/I want to play with you today underneath the sun/I want to play with you today underneath the sunshine/I want to play with you today/

Let your little seed grow/you don't have to know/what will happen tomorrow/have faith in right now/no need to wonder how/the present is right here/see what will appear when you let go of your fear and let your love steer/let your mind be clear and let your love steer/let go of your fear and let your love steer your way home/

back to the

P-R-E-S-E-N-T-M-O-M-E-N-T/we be free in the P-R-E-S-E-N-T-M-O-M-E-N-T/sing with me in the present moment/wonderful moment/present moment/wonderful moment/present moment/wonderful moment/this present moment is so wonderful/

I want to play with you today underneath the sunshine/I want to play with you today underneath the sun/I want to play with you today underneath the sunshine/I want to play with you today underneath the sun/underneath the sun/