

## *Pastpresentfuture*

The more you are aware of the present moment, the more you allow memories and future projections to enter the 'now', providing innumerable possibilities for action and understanding. This is something you could daily observe.

dancing in the present time

questioning how does a memory arise

observing what future ideas come in mind

present consists of past and future

resetting previous movement

projecting in the near future

now consists of before and after

<https://www.youtube.com/watch?v=b2tUfpVVu-g>