

## **BOOKS ON BEING PRESENT**



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### **A Simple Guide to Being Present for the Overworked and**

I ve learned a lot about being present, and I d like to share that with others. This article came from a suggestion from commenter Mark, after I wrote about ways to create a peaceful, relaxed workday .

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### **The Benefits of Being Present by Serge Kahili King**

The Benefits of Being Present by Serge Kahili King. First, we have to understand what we mean by "being present." It is simply being engaged physically, emotionally, and mentally in what is going on and what you are doing right now.

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Being present in the spiritual life always has a double meaning. There's present, as in here, in attendance. And there's present, as in now, a moment of time. What is the spiritual practice of being present? Being here now.

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