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**Mighty Gems – Essence of Authentic Presence**  
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**May 05th 2017:Rushing to Slow Down to be Present**

"When running to fill a time quota, however, the reverse happens. You can't make that time pass any faster by rushing, so you settle into a pace that feels right to you at the moment. Each minute above a quota is a little victory." ~ Joe Henderson Do you find yourself typically rushing around to get somewhere? Do the evening hours seem to come at you and you wonder where did all of the time go as you are rushing into a slower pace focus such as a yoga class? Having presence means being here in the moment – being aware of yourself and also being aware of the effect you have on your wor

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