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## Mighty Gems – Essence of Authentic Presence

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May 26th 2017: **Playing with Bubbles for Presence**

"This is the real secret of life -- to be completely engaged with what you are doing in the here and now. And, instead of calling it work, realize it is play." — Alan W. Watts Bubbles are delightful, airy things that invite play and curiosity as to where they will float. The bubble can seem magical as it floats past. It may last only a few seconds before bursting but those moments are precious. The positive effect on curiosity and overall emotions can last far longer than a few seconds. We learn as children to be joyfully present with bubbles; as an adult, you can choose to have that

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