Living in the Here and Now

1.
The time is here, the time is now
To let go of your fears and let the ECK come inside
Don't be afraid, (don't be afraid)
Don't be attached, (don't be attached)
By living in the here and now
By living in the here and now

2.
The time is here, the time is now
To detach from all your worries, and let the Mahanta lift you up
Let go of the past, (let go of the past)
Let go of tomorrow, (let go of tomorrow)
By living in the here and now
By living in the here and now

3.
The time is here, the time is now
To detach from all your worries, and let the Mahanta lift you up
Let go of the past, (let go of the past)
Let go of tomorrow, (let go of tomorrow)
Don't be afraid, (don't be afraid)
Don't be attached, (don't be attached)
By living in the here and now
By living in the here and now
By living in the here and now
By living...
in the here and now.