

“Now”,lead to a life of 33 words.

~ True stillness flows forth from the inside. ~



Masao Shintani

Meeting with words changes your life.



Whichever path you follow,

“Now”

you are walking

the best path.

Because for you,

it is the path that only

you can walk.



“Now”

**if there is kindness and compassion,
nothing else is needed.**



Like the freshness of a breeze,
a heart with the serenity of a clear blue sky,
the depth of an ocean,
a heart with the stability of a mountain,
“Now” is
your true essence.



Until “Now”,
no matter how serious you’ve
seen yourself as being,
age has no relationship.
That is the conclusion.



**“Now”,
take firm hold of waiting for the occasion.**

In due course, a chance will come.



To live is
to take a big, big, deep breath.

“Now”

your pace is

as it is.



Sometimes,
even though worries and fears appear,
it's okay.

Subsequently, entrust

“Now”

to the universe.



“Now”

**accept what is happening
in front of your own eyes.**

Thereupon

the present will move into action.



The things you want to do,
the things you have to do,

is your motivation

“Now”

from the inside or

the outside?



The amount of suffering,
sadness and pain experienced,

“Now”

joy is extensive.



An irritable person,
a person who frets,
a frightening person,
whatever thought,
everything is “Now” of me.

Before you gave up,

“Now”

did you do to the utmost of your power?





In life there are no mistakes.

Just have that experience

“Now”.



People living “Now”,
who are not afraid of the future,
nor worrying about the past, act from serenity.

People who live worrying about the past,
and who are afraid of the future,
act from fear and attachment.



When there is no time to spare,
casually watch the surrounding
state of affairs.

Whether you rush or not,
time is “Now”
quietly passing by.

Up until “Now”,
that is life at this time,
how much love have you received,
and how much love have you given?





When you notice you have no energy

“Now”

true energy flows forth

from the inside.



Do each and every thing

in a simple way,

“Now”

to be carried by the flow is the key.



Like soft rays of light please
keep watch over your “Now”.



Because you can't do everything well
at once you feel depressed,
don't you?

Without haste "Now"
enjoy every step.



“Now” is the happiest moment.



What have you given yourself today?

A smiling face? Gratitude?

Forgiveness? Self-reflection?

Refusal? Praise?

Enough rest? Free time?

Physical health?

A meal to bring delight to your life?

“Now”

satisfy yourself,

and be kind to others.



Show reliance and respect,
not adoration.

Because

“Now”

you have infinite energy.



“Now”

you don’t have to know

the conclusion or the answer,

do you?

Because in times of necessity

it perfectly flows forth from the inside.



The you that is unable to be kind,

“Now”

please love and forgive

that part of you.



Without light or darkness,

“Now”

just is.



A person who doesn't think
about making luck is
"Now"
riding the flow of luck, isn't he?



**If your heart is empty,
you try to be perfect by way of
other people's necessity.**

"Now"

**completely satisfied people are only existing
in a skyful of stars,
existing together with heaven and earth.**



Sometimes things happen
that we can do nothing about.

Even at that time today,

“Now”

do to the utmost of your power.



There is no good luck or bad,
whether the facts you make before
your eyes are good or bad.

Just be "Now".



“Now”

you are not satisfied.

In that case

it's necessary to possess

meaning of life.



A circle is a circle,
a square is a square,
a dot is a dot.

“Now”

as it is, see the form.



For you
there is your own path.

“Now”
when you are not comparing others,
start walking the peaceful path.



Thank you to all the people whose efforts,
through trial and error,
helped to make this book.

I hope that this book connects deeply with everyone,
and I pray you live your life lightheartedly at this time.

Masao Shintani

☆ "Now", lead to a life of 33 words. ☆

by Masao Shintani

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Now, Now, Now, a refreshed heart...