

We started in Schwabmünchen around 12 o'clock and arrived in Wiesbaden just in time for dinner. Iris and Thomas are very happy to have us in their home again. They also enjoy having our company and talking about nice things. It is so nice to have friends everywhere. We are talking a little bit about funny things in the past, make some plans for the future but the best thing is that we are together in the presence and enjoy those moments together. Always live in presence! I often talk about that. Why do we kill the joy of the presence with thinking of the past or worrying about the future? We spend most of our time in this. Just calculate how many hours of the day you are living in presence. And if it is not much then begin now. Start tasting your food in the moment that you are eating it. Start feeling your body in whatever you are doing in this very moment. Then many things will be much easier and you will discover a lot of beautiful wonders in this world.

A handwritten signature in green ink, appearing to read 'Iris Thomas', with a large, sweeping underline.