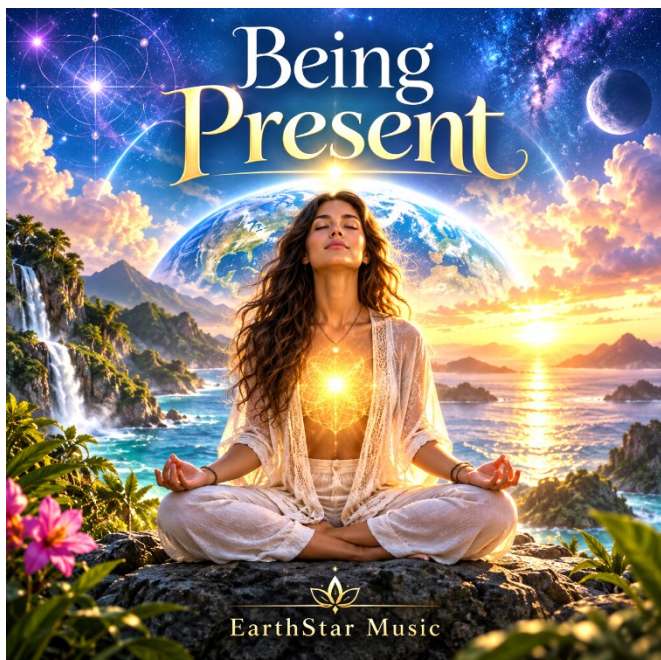




EARTHSTAR MUSIC

#30: "BEING PRESENT"

- Release date: September 14, 2026
- Executive Producer/Lyrics ~ Dale Stacy
- Editor ~ Jeanne Stacy
- Music/Vocals ~ Songer AI

EarthStar Music ~ A Ministry of
EarthStar Spiritual Center

• Back Story

"BEING PRESENT" is part of EarthStar Music's New Age Collection ... A song inspired by one of the simplest, yet sometimes most challenging practices in life — slowing down long enough to truly experience the moment we are living ... In a world filled with busy schedules, endless thoughts, responsibilities & distractions, we can easily find ourselves thinking about yesterday or worrying about tomorrow while missing the beauty of right now.

"Being Present" invites us to return to the Now ... to calm the busy mind, move the body with intention, open the Spirit & allow ourselves to see, hear, touch & feel the Aloha that is already surrounding us ... When we become fully Present, there is greater clarity to imagine, create, love, grow & live with purpose.

The song reflects our Aloha Consciousness, teaching that Presence includes the whole Self — mind, body, Spirit, heart & Soul ... Whether listening during meditation, relaxation, reflection, walking in nature, movement or simply taking a few quiet moments during the day, may the music be a gentle reminder that every new moment gives us another opportunity to reset, refocus & begin again.

Being Present is more than something we practice – it is a natural gift ... A sacred space within us where life is happening right Now ... Be Present in every moment ... Be fully alive ... Be Sacred & Whole.

Thank you for supporting this musical endeavor ... The song is available on major streaming platforms ... Aloha, Dale & Jeanne



- "BEING PRESENT" Lyrics

(Verse 1)

Life can be busy, rushing here & there
No time to relax, even for self-care
Too much to do & places to be
Thoughts are plenty, things to see
Allow a few minutes, to be still, be clear
Being Present is a holy place, now & here

(Chorus)

There's a knowing within us, to grow & learn
Trust the design, follow the yearn
Be here to evolve, love & thrive
Be Present in living, be truly alive
The secret is Being Present, in every way
How we think, speak & act every day
Be Present in every moment, now & whole
Being Present is living fully, in our Soul

(Verse 2)

Being Present is now, while the past is history
Tomorrow is the future, always a mystery
Calm the busy mind, focus & be still

Move the body with intention, touch & feel
Let the spirit be open & fully free
Being Present is our gift of clarity

(Chorus)

There's a knowing within us, to grow & learn
Trust the design, follow the yearn
Be here to evolve, love & thrive
Be Present in living, be truly alive
The secret is Being Present, in every way
How we think, speak & act every day
Be Present in every moment, now & whole
Being Present is living fully, in our Soul

(Verse 3)

Returning to the Source, stillness found
Nature's way of Presence, feet on the ground
When the body is fully present, the mind is free
Imagination to create, every possibility
When the mind is fully present, the spirit expands
Producing every wish, purpose & plan

(Outro)

Being Present is Divine, a natural skill
Each new moment, a reset, to focus & feel
Being Present is a gift, of mind, body & soul
Being Present is ... Sacred & Whole
Being Present is ... Sacred & Whole

