

Living in the Present

.....Beyond the Illusion of Past and Future.

Living in the present is true living. We have lived our past already and our future is yet to come, so we can say that only the present moment is existent. This (universal truth, concept, idea) is intertwined in various spiritual teachings during present and past times, and it is an important step of the Spiritual Path.

The idea that living, is living in the present, is affirmed in Hinduism by the use of the Sanskrit word, "vartamanah,". In Sanskrit, vartamanah means living, and Vartamanah also means the present. Living is synonymous with present, because we always live in the present.

We have a tendency to be over whelmed by the past or anxious about the future, it's easy to get caught up in our thoughts and simply just lose sight of the present moment.

Past

Every nature-born person possesses, by nature, an animating power, from which life and consciousness can be explained. This natural or animal consciousness, and all of the animating power connected with it are, on the one hand, explainable from heredity, and on the other from karmic factors. We received our natural consciousness, the power which animates us, from our parents and ancestors, and also from the microcosm which surrounds us, and transfers to us the microcosmic past.

All of us, as microcosms, have an enormously long past behind us. The history of this past is recorded in the magnetic system of our auric being, and the sum of this past will always speak by way of the magnetic system of our brain. We are tied to this past, which is billions of years old, and which our microcosm itself has helped to build and maintain. And it is totally clear that all the archons and aeons of dialectical nature, make their voices heard in us from time to time.

Many of them dominate our whole being right now and our biological-intellectual being, our natural state, is wholly dependent on them. Right at this moment they are determining our cultural state in this life, and our intellectual relationship to it. This cultural state includes art, science, and religion, as well as our relationships with society and all their nuances of a political, social, and economic nature.

The state of our entire character, all our biological instincts and needs, our expressions of will, and our individual behavior, are also directed and decided by them. Therefore, not only that "we are of nature" but also "we are of the aeons of nature." In the situation of the present, it is actually the aeons that decide our nature.

But... there is a fine balance between honoring the past and losing ourselves in it. For example, we can acknowledge and learn from mistakes we made and then move on, or we could also carry a burden of guilt and self-identification with mistakes from the past for many years.

In our own struggle of life, the old things keep turning up again and again, sometimes using very modern methods. As long as our I-lessness is not complete, the things of the dialectical past will keep looming up before us, because the ordinary I, dreams up these sham forms for itself in its meditative thinking. Thus, never let this past enter, for whoever does so, follows his dialectical fate that promises gold but brings endless sorrow.

Another choice we have related to the past, is that we may occasionally fondly remember events, places, or people from the past and while doing so be accepting of the impermanence of all things, or we may wallow in nostalgia and see the past as much more precious than the present moment.

Be forgiving, so that we don't allow a burden of negative past to accumulate in our mind, in the form of guilt, regret, resentment, grievances, anger and so on. Forgiveness happens naturally as soon as we realize that the past cannot prevail against the power of presence.

The magnetic principles of our auric being together constitute our plan of life, our song of life. We are held firmly in the grip of the magnetic lines of force radiating from those points in our personality. We cannot set foot outside of them. All our predecessors, all the former manifestations of our microcosm, in short, the entire past, the entire karma make themselves felt in our auric firmament.

A radical break with the past is therefore imperative! All magnetic lines of force currently emanating from sources in the auric being must therefore be severed, must be extinguished. This is the inner meaning of "forgive us our sins, as we also have forgiven those who have sinned against us."

Future

To look at the past is only permissible, when we can see the glory of it, its fundamental idea of then and of the now, at the same time. And here we find the significance of the saying: "He who will not learn from the past, will be punished in the future". The meaning of it, is very important here!

The future, too, needs to be honored, but without making it more important in our mind than the present. Of course, we can plan for the future, and we can hold an intention in our mind of what we want the future to hold, and then take appropriate actions.

But the power for creating a better future is contained in the present moment: we create a good future by creating a good present. How do we do that? By recognizing the goodness that is already inherent in the present moment, even in the midst of all the challenges. Discontent, blaming, complaining, self-pity cannot serve as a foundation for a good future, no matter how much effort we make.

And where do we find that goodness when obstacles arise in the present, when we lose our job or our home, and on the days when we feel unsure and worried as things seem to fall apart around us?

This begins with all the things that we tend to overlook: feeling this gentle breeze on your skin, the sunlight filtering through the clouds, the sound of the rain, the wagging tail of a dog, the

soothing purr of a cat, a shining star or the gentle beauty of a flower. You notice that in and out flow of your breath, the feeling of being present right now in your body. And then there is a beautiful stillness behind it all, which is deep within you. It is through gratitude in the present moment that the spiritual dimension of life opens up.

The present moment is what we have, and it's where we can tap into our true power and potential. By focusing on the present, we can let go of our worries and fears and embrace the (purpose, beauty) and abundance of life.

Living in the Now- A Universal Wisdom – tie in big picture

We all live today in the age of distraction. The major paradox is that our brightest future hinges on our ability to pay attention to the "today", to the present.

Buddha said that "The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly."

We all know that life unfolds in the present moment, and we all understand the importance of living in the moment, we just don't know how to do that. Very often we find ourselves allowing the present to just slip away, and waste our lives by worrying about the past or by worrying about the future. Buddhist scholars also say that - we're living in a world that contributes in a major way to mental fragmentation, disintegration, distraction, decoherence. We're always doing something, and we allow little to no time to practice stillness and calm.

We dwell on intrusive memories of the past or agonize about what may or may not happen in the future. We don't appreciate living present because our "monkey minds," as Buddhists call them, vault from thought to thought like monkeys swinging from tree to tree.

"The difference between past, present and future is an illusion", Einstein said, and well known Cherokee Indian Proverb notes not to "let yesterday use up too much of today." Quote by Eckhart Tolle reminds us that - "Unease, anxiety, tension, stress, worry – all forms of fear – are caused by too much future, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of non-forgiveness are caused by too much past, and not enough presence."

Why do so many scientists, teachers, scholars and ancient wisdoms speak of this truth? It's because it leads to our connection with a higher calling. It is because when our minds and emotions are not cluttered with what could have been or what will be, our energy is focused on stillness and peace...

There are numerous ups and downs in nature-born life. When a person is young, healthy and strong, and he is riding on the crest of a wave, as they say, and he is 'bathing in the sunlight of his life', he will sing in his chrysalis of matter. But very soon there are the many moments when he feels his imprisonment in his castle of illusion.

One moment he is absorbed completely by the world's turmoil, the next he is listening to the roaring voice of the great illusion. He is struck by the hot tears of suffering and he is deafened

by the numerous cries of anguish and distress. Hence at one moment there is cause to confront life anew full of optimism, the next moment he is overwhelmed by the great terror of it all.

And now the voice of the silence says to the pupil who has come to the beginning of his path: "Do not allow your soul to enter and be drawn into all those fluctuating moods of the nature-born being. Rise above joy and sorrow. Do not enter into the ephemeral pleasure of the present moment or into the short-term anguish of today. If you allow yourself to be dragged along by the great turmoil, how could you then belong to eternity?" If your soul sways with the turbulence of every moment of the day, and is constantly being affected by this, it will break the silver thread that binds her to the Master.

We, beings of space and time, measure everything in terms of distance and time. Therefore, for our consciousness, there lies an immeasurable expanse and a limitless period between the present and the goal to be attained. But in the eternal light of the Gnosis, to be touched means to be absolutely bound, and this bond means a total purification.

When the human being has followed the path of return to the new life right to the end, he is perfect, and in that final phase there is not one part of him that is not totally beyond form and change, beyond all the aspects and phenomena of the order of time and space.

It is not possible to form any image of such an existence, even though it is an actual state of being. A spiritual realm is a realm of life that exists in harmony with the spirit. There is no philosophy, no revelation of salvation, past or present, and certainly not in the future, that could give a human being knowledge of the spirit. One can only indicate, and be aware that the essence of the spirit is there. One can feel its touch, and one can also live out of it in various ways.

In the Bible there is a saying that applies to every pupil on the Path: "I have given you each day for a year".

These words remind us of the fact that each day must be experienced as an entire year, as a coherent, vibrating reality. The pupil should prevail over time, free himself from time. He should not try to slow it down or to make it pass more quickly, or to change its character. He must liberate himself from time and allow eternity to triumph over it.

"I have given you each day for a year!" What do you do on all the days of a year? Do you not try, every day of every year, to come to terms, to reach a compromise with the essence of time?

Many try to slow down the passage of time because they fear the inevitable, or they try to accelerate it because they have set their hopes on some particular thing. This twofold tendency can be found in everyone, as well as the constant effort to alter the nature of things that have happened or might happen.

"I have given you each day for a year". Each day you can begin your departure. Each day can be used to make a truly new start. Each day you can free yourself from the grip of time and space. Such a living soul has become a child of God in the true sense. Such a living soul is omnipresent, stands in eternity and is unassailable.

The road to that world is a concrete, real road, not merely an abstraction, an idea or an illusion. It is no delusion or fiction, but a real path, a path that is known, that has been trodden and travelled and which, at the present day, is also open to all those who truly seek liberation and who have made the great resolution.