

Reminder Memos for your Advancement #4

Seek to be present in the Now - *this is the only time we have.*

Linear time, they tell us is a construct of the Mind. But life is always Now. Whatever happens can only happen in the Now. The so called past can only happen Now (inside our heads). The so called future can only happen in the Now (inside our heads). When the calendar future time arrives, it will still be the Now. Our lives are always happening in the Now. Think about it!

Eckhart Tolle has become super famous with reminding us of this simplicity and of how we can become free of the tyrant like prison of the mind, by staying present in the ever present moment of Now - not living in the past with all its regrets and what if's - and not living in some expected future with all it's expectations. Neither the past nor the future have a reality substance that one can actually touch - these can only be experienced as our virtual worlds by the mind / imagination as regrets, fears, hopes, memories, pain, etc. etc.

Many of us have a habit of expending our energy in two directions: past and future. We focus on the past, often with with regrets, anger, sadness or resentments; and we look toward the future with hopes, determination and excitement. Here is the genesis of our sufferings. The simple remedy is to religiously focus on the present moment of Now, in this moment, with whatever is actually present. Do not dwell on either the dead past or imagined future.

Is it virtual or is it simply that we live in a multi dimension Universe? Scientifically, we can now read of recent theories telling us that there is no past or future - there is only the Now. All possible realities and experiences are actually happening simultaneously, just in alternate dimensions of reality.

If you were to accept that you only have the present moment of Now to live your life, how might it affect your choices today? Would you stop worrying about things that happened in the past? Would you stop trying to control the future? Would revenge or getting even be worth the price? Would you let go of old hurts, grudges or fears and instead just focus on enjoying this present moment?

One of the reasons people often resist living in the present moment is that they believe they must control the future by taking specific actions today. This perception comes from our linear view of the universe - seeing the past, present and future as consecutive events.

What we often fail to realize is that by being present and neutral in the moment of Now, we automatically are creating a better future. We are told that we just need to be fully present for less suffering. And surely we can do that for such a reward. When simply being present there is more healing and more access to the healing wisdoms of our Higher Nature.

The happier we are, the more love we share, the more kindness and compassion we can express to others, the more we focus on the blessings we have right NOW. We do carry that positive energy into each moment of what we label as our future.

We don't have to purposely try to control the future because our thoughts, actions and attitudes right now will keep echoing and replicating into every aspect of the so called future periods of our life journey.

I am one of many Seeds for Self Advancement from ; www.Goodwillpeople.net please pass me onto someone new !