

Here and Now



*You must live in the present, launch yourself on every wave,
find your eternity in each moment.*

Fools stand on their island opportunities and look toward another land.

There is no other land, there is no other life but this.

— Henry David Thoreau

There is only now. The past is gone and the future, yet to come. Each moment unfolds anew and presents many opportunities. This is the nature of being in the here and now, another valuable and practical mindfulness tool for soul-discovery.

Experiencing a constant stream of thoughts and feelings, we choose where our attitude lies moment by moment as surely as the clock ticks. Will we come from a place of centeredness, peacefulness, lightness, and wisdom or become weighted down with a heaviness in our heart and mind?

In truth, our choice in the now is simple, but not always easy. Staying completely present is an ongoing process that often seems dependent on ignoring the past or forgetting the future. Instead, present moment engagement makes us a full participant, one breath at a time, in whatever or wherever we focus our mind and heart, our thoughts and feelings.

For many, the concept of here and now feels elusive and slippery, calling for a more tangible understanding to the practice of staying present. While each person's actual experience of the present moment (here and now) remains highly individual, the following example wraps our understanding of it into a metaphor on life.