

The Abundance of Now

By Syena Ishaya

It seems that in today's society, people live their lives totally consumed by the end result of all their actions, goals and desires. Everyone's attention is not on what they're doing in the present moment, but where it's going to get them.

This is something that we do out of habit, because we've been doing it our whole lives. It's almost as if we really believe in this other place called "the future", though we've never actually experienced the future at all! Where is this place? How did it even come into our consciousness?

Why is it that half of our attention is on something that isn't even real?

The only moment we've ever lived in, is this one. This exact one. Once you fully realize this, you can never live in an illusion again. This is because all of our problems exist in linear time. I guarantee that if you fully examine any of your negative issues or problems, it will have both a past and a future.

The freedom from the bondage of these situations that are causing the stress in our lives, is through training yourself to live only in this moment. Ironically, what you will find in this moment is exactly what you are looking for in the past and future... Abundance, Completeness, Love and the Truth of who you are.

The best part is that living like this all the time is easily available to anyone who wants it. It seems like it would be a complicated thing to completely switch off the brain or at least to stop identifying with thought. We believe that maybe only a highly trained person with years of experience and spiritual wisdom could live like this, and that it is not possible for us.

That is just a strong belief/concept that we have had almost our whole lives. The reality is that in order to make the shift, you only have one simple job, and that is, to be alert. Alertness is the key to watching the mind, and staying present. Make it simple for yourself by adding a little more alertness into what you do throughout the day. You'll be amazed by how much you've been missing, because there is a forever growing depth to this kind of living.

Your senses become more and more alive, you taste more flavor, smells are more fragrant, and you FEEL everything on a level you didn't even know existed. It's almost like a numbness starts to fall away that you didn't even know was there. It's like waking up from a dream.

It's like not knowing you've been living in darkness until you see light for the first time.



It's amazing what how subtle "being more alert" is but it's the difference between living in bondage and living in freedom. So make it a game, a discovery, of how alert you can be in every moment that you remember to. If you truly make this a commitment, the effects will astonish you.