



Moment in Time

There are those who think our best days are in the past or to come in the future. A close look at history reveals otherwise. The future is hard to predict.

One of the tricks of our egoic mind is that the past and future are real. No moment other than the present actually exists. A life lived in the present moment is a life lived to its fullest.

Those of us who live primarily in the past or the future are missing out on a life of richness and wonder. Living in the past or future is a life of artifact and self-deception.

Attention, Attention

*It is that time
A time of opportunity,
To focus your work
On this moment
As this moment*

*Is the only one
That determines everything.
Moment to moment
This moment is the only
Moment.
Start with this moment.*

The concept of time is set early in our lives. We are first taught how to tell time on a watch. As the sweep hand moves across the circular face, we conceptualize time as where it has come from and where it is going. Our expressions include 'it is half past' this or a 'quarter to' that. The major emphasis is on the past and future, with little focus on the present moment.

The hourglass of time is similar in its lesson. The emphasis is on the sand in the top and bottom parts of the vessel. The present moment is almost impossible to see as the sands of time fall. The focus is on the time to come (top cone) and the time gone by (bottom cone).

The field is well set in our early development. We have been taught to think of time moving toward the future, the past being left behind. We hear about a past full of regret and the hope of a brighter future.

We think of time as a quantity as in so many seconds, minutes, hours and days or we think of it as a measurement as in it is 2 o'clock p.m. We try to save time, use time wisely, schedule a time and have quality time.

All of this misses the point. There is only the present moment, now. Time does not move, it can't be set, it is not spent, and we cannot save it. While there may be lessons from the past and we may anticipate events in the future, any emphasis on them is part of an illusion. Everything changes in time; it is not time that moves.

As Each Moment Arises

*Both past and future moments
Are distractions,
Illusions of life.
Reliving past events
Anticipating future results
Are the design and intention
Of the egoic mind.
Directing energy in illusion.
Fall into the flow of
Each moment as it arises
Be present,
Absent of ego and personality
Conscious in the now
Past and future will disappear
You will discover
The magical mystery
The quiet stillness
The kingdom of heaven
That is within you.
This is your destiny
To find the forgiveness
To find the joy
To find the love
To find the peacefulness
In each and every day*

An alternative view is to imagine that we appear and disappear in each moment. This is similar to a movie; made up of a series of snapshots in time, the changes recorded in time. When the video player is paused, it is as if time has stopped, as the change in the film has stopped. We measure time in the change that occurs. Time is change. Change is time.

Let us dig a little deeper. In the present moment, the past moment no longer exists except as a memory. The future moment doesn't exist, except as one to be anticipated. So, the present moment is the only one that exists. And the present moment is just about to become the past. Just as you get your mind around it, poof it is gone.

Can you see the intricate beauty of this? It is like trying to catch a flying butterfly without a net. It is like trying to pick up a piece of paper moving along the ground in the wind. You grab for it but it is just out of reach. You grab again and it is out of reach again. It is here, it is here, it is here.

Destiny

*Some say preordained
Others say not
Both more right? Than not?
So, actions taken
Create the potential
That destiny becomes.
But only in this moment.
Energy applied determines
Destiny, in this moment, now.
This moment is the only one
That can lead us
To our destiny.
Preordained and not.
At the same time.
Determined by actions
In this moment.
Now.*

Time is the magical mystery. There exists some invisible energy that produces change. Time is how we measure change, the activity we see. Time has no substance to grasp. If we grasp for time, we become conscious of the activity and fall out of the present moment, defeating our effort.

So while we can't actually touch time, we can get really close to it. Forget yourself and just be present, do not grasp, but surrender to the now. It starts with a desire for freedom from past and future, then surrender to the present moment.



Time is Nectar

*The moment just gone
The moment to arrive
Both nonexistent
Only this one now
So very precious
Try to catch a butterfly
Try to catch a bee
The present moment
Just out of reach
Pivots once again*

*In absolute truth
In this very moment
To bring the truth alive
Eliminate the lies
Truth in the mind's eye
Cascading nectar
Of the universe
Moment to moment
Surrender in the now
There is only one
This moment, now.*

Understanding time gives us greater insight into life's reality. Our attention reveals the present moment of the universe. Everything exists in truthfulness in this single moment. Experiencing this within brings truth alive and simultaneously eliminates the lies, illusion and false reality. Each moment provides this opportunity.

The other morning I was sitting quietly on the front porch. A Canadian goose flew over. A few seconds later I realized that everything had stopped in my mind, nothing else existed, not me watching the goose anymore, just this magnificent goose, this miracle in flight. In those several moments I forgot everything, I became change, I was time itself, empty of all else.

This is present moment; this is mindfulness, if only for a few seconds. I wonder if this is why we love movies and television, we forget everything else and become the silent witness for a short time.

Staying mindful is to keep your mind right here in the present moment, with no thought to the past or future. This is the location of the cascading nectar of the universe, truth in the mind's eye. Each moment is so very precious. Each moment is another opportunity to change.

There are some popular, appropriate sayings that you may have heard "the time has come", "take each moment as it comes" and "there is no time like the present".

Each Moment is Change

*Moment to moment
Each moment is change
The sun rises
The sun falls
Each moment is change
A child is born
An elder dies
Each moment is change
A seed sprouts
A flower blooms
Each moment is change
Resisting change is like
Resisting time
For time is change itself.
You are change
Your life is change
Each moment*

*Is a snapshot of your life
Of a moment in time
Of the change that is you
Change is beautiful
It is the story of your life.
I heard a man say
The other day
That he hated change.
It took my breath away
As I said to him
That if he hated change
He hated himself
As he was change itself.
And as we parted ways
We each smiled
Perhaps able to see
The good in each other
In that very moment.*

Why do we resist time and change? Are they just misunderstood?
Is it fear of the future, the death of our physical body?

We find peace and grace in our lives by living in the truthfulness of our original mind in the present moment. This is not so much an action but a surrender, allowing us to make peace with the fear of our physical death. Change is part of the journey of life, bringing us closer to truth, facing a certain future, making us more real in every moment.

My favorite inspirational writings on the present moment are Eckhart Tolle's [The Power of Now](#) and [A New Earth](#) as well as Dainin Katagiri's [Each Moment Is the Universe](#).



As Time Goes By

*In this brief moment
Anything is possible
60 seconds in a minute
86,400 in a day.
But, there are those that say
There are actually
6,400,099,180 moments a day
Is more possible in that world?
More love,
More joy,
More truth?
As the world turns
Into the next moment,
Moment to moment,
Each moment can show
The love, the joy, the truth
6,400,099,180 moments a day
As the grasshopper pauses
Before it leaps
Anticipate the next effort
Let your mind empty
In that very moment.*

*Let your heart fill with joy
You will know the truth.
In that brief moment
Illusion will melt away
Layer by layer
All the teaching
All the assumptions
All the limitations
That form your current reality
Will dissolve.
Free at last
To see the love,
To see the joy,
To see the truth,
To feel the peace
That is all around you.
A new presence rises
Your original mind
Heaven on this earth
In your time
In this moment
The next one too
6,400,099,180 moments a day*

The poem above suggests that there are many moments in every day. The next time it rains look across the landscape and determine when each raindrop falls and you will see for yourself just how many moments there really are.

Everyday

*This day, the next
The last included too.
Everyday is like Christmas.
In your life too.
It's a way of thinking
That will do you well.
Moment to moment
In order to break the spell.
Some say if all is special*

*Then nothing can be.
Moment to moment
There is only one.
Only this one, now.
No past or future one.
Special, by definition
As it's the only one.
Special like Christmas
Everyday a miracle
The magical, mystery of life.*



A pileated woodpecker at work out the back window.

As contemplation of time deepens, a new understanding emerges. There is quiet stillness in each moment. There is also simultaneous change, movement, activity as the universe pivots into the next moment. This realization is quite stunning. There is both stillness and motion in each moment of time.

The stillness emphasizes the interconnection of everything, while the motion emphasizes its separateness. The stillness emphasizes the eternal nature of time, while the motion emphasizes the passage of time. Stillness and motion are not separate but simultaneous.

When we are in the quiet stillness it is as if we have fallen out of time into eternal time, a feeling of no-time. We are witness to timelessness and interconnection within each moment. Yet we know that time marches on.

If we can carry this understanding with us into the pivot of each moment of change, our lives become fuller, more connected to everything. We are now one, interconnected and interdependent in each moment of time.

Freedom and Connection

Within each moment of time

There is change

Freeing us from now

Potentially separating us.

Within each moment of time

There is quiet stillness

Connecting us to now

Unifying the universe.

Someday when we realize

The unity, the oneness

Within the quiet stillness

Within the change

We will understand

That time frees us all

That time binds us all.

