

Meditation - Living in the Present Moment

“There exists only the present instant... a NOW which always and without end is itself new. There is no yesterday nor any tomorrow, but only NOW, as it was a thousand years ago and as it will be a thousand years hence.”

-Meister Eckhart

We have everything we need right now. If we are fearful, we may be worried about the future. If we are angry or resentful, we are remembering the past. If we are stressed, we are reacting to what is going on in the present moment rather than flowing with it and accepting it.

If, instead, we stay in the present moment and feel our breath as it comes in and goes out, we can be at peace.

I am at peace knowing I have everything I need at the present moment.

.....

How to be happy now? By making peace with the present moment.

-Eckhart Tolle

When we become locked into our stories of what we think life should or shouldn't be, we suffer.

When we hold on to thoughts of how we want this moment to be different, we suffer.

When we choose not to let go of our anger, resentment, guilt, shame, fears, what-ifs and if onlys, should haves and could haves, blaming and complaining, we suffer.

All we need to do is make a decision, set an intention, to be here now, feeling just this moment. Not the past, not the future. This moment. Now.

And let go of everything and anything that is keeping us from being right here. Now.

Peace is the complete acceptance of the present moment.

From Peace in Our Hearts Peace in the World by Ruth Fishel