

## Living In The Moment

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by Almine

The future flows before us and behind us like a flat figure eight the Mayan called the "Zuvuya." Where we are going we have already been and where we have been we shall be again, except each time at a higher level. The point where the clockwise loop of the future crosses to become the counter-clockwise loop of the past is the present...the place where masters live.

In relation to the human body, this crossing point of the Zuvuya is located directly behind the navel where the life force center exists in the form of a ball of white light about the size of a grapefruit. In living in the present, we are therefore living in the place of power continually renewed and replenished by life-force - our positive and negative poles in perfect balance.

The body now becomes a self-regenerative system and we cease to age. Living in the future or past disturbs our polar balance and we drain energy out of one pole or another...losing our life-force and becoming subject to aging and the purification rite of death.

Thoughts arise as a reaction against life. We try to control the seeming unpredictability of the flow of events by relating to or anticipating life. We encumber ourselves with the weight of self-reflection, rather than innocently and without expectations, experiencing the present. Thoughts pull us out of the present into the immediate past or future and we lose our link in the moment.

Instead of trying to control life by anticipating the future, our only responsibility each day is to align ourselves with the river of life as it moves through our day. There is no important work, but rather, only a series of moments to demonstrate our mastery, and behave impeccably. We do not oppose the rock in the river...knowing that we strengthen that which we oppose, but flow effortlessly around it. We do not look back, but become new each second like the river, replenished by the flow of new life-force. We do not permit the obstruction of old habits and belief systems to dam up our flow, since the journey of the past cannot hope to prepare us for the glorious adventure ahead. As we plunge over the cliff in a leap of faith to surrender ourselves to the embrace of the ocean, ascending into the clouds above and raining down to give life to all.

The multitudes spend their lives fearing or planning the future. But the future is created by the thoughts of today. If we then do not live in the moment, where will tomorrow come from? It is necessary for us to create a mold for the universe to fill by visualizing the future we want. In fact, most ask for too little, not realizing they are heirs to the whole kingdom, not servants at the gate. And we should be like the thirsty jogger who holds a cup up to heaven as he jogs. He concentrates on his steps and simply knows that at some point God will fill his cup with rain.

The ability to experience the moment with the innocence of the master



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