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how to come to this moment...this present moment ?
how to arrive to a vertical state of stillness
so that your body becomes still and silent ?

mind is continuously moving
just like a pendulum
continuously moving...like a clock
past...future...past...future
such a big past
so much you have lived

so much information you are carrying
taking all this information and experience of the past
the mind projects into the future...
your past is not only the past
your past is already imagining the future
the future is living in the past imagination...
and all your past experiences are projected into your future life
your future is nothing but your past being refined...