

all your ideas and experiences of the past  
becoming more refined and are moving toward the future  
past is dead mind...  
future has not yet happened...  
mind is projecting into the future of dreams and desires  
both are not living in the present  
so much past...so much future yet to live  
this present moment...has no space to breathe...

this present moment is just one vertical pulse  
just a single moment

this single moment is becoming available to you in the present  
it has no reality...

absolutely none whatsoever...

it is not even part of your imagination  
so much past you are carrying  
so much future you are projecting into  
you have no present moment  
hence you are not even living  
can you understand ?

all the past in the mind

all the future in dreaming and desire

who are you ?

where is this present life within you ?

this present life is moving in the mind and in your dreams

and the present moment is so thin and so narrow that you completely miss it...

you do not even know that there is the present moment

this is why the masters speak continuously

about coming back to the present moment...

can you see how complicated it is ?

unless you can drop the past and the future

and learn to live in this very small pulsating moment

you have missed life completely...

what a joke !

life is in the present  
one moment at a time  
you do not even have time for this moment...  
this is the misery  
that you are not even living  
but there is a clue...what is in the present ?  
mind is in the future and the past  
heart is in the future and the past  
but what is in the present moment...is this body

this body can only live here

this body can only be now

hence the whole effort of masters is to bring you into the present  
herenow

to bring you back into this physical body...

your body is not projecting...not dreaming...not desiring...not imagining...

how to come back to this body and be present to this form ?

shock yourself into the sense of being herenow

then at least you have a chance to live herenow...

this is the effort of dynamic meditation...

ho ho ho ho ho

deeper...deeper...deeper...deeper...into the body

the moment keeps pulsating in this body

and you begin to feel this body and its aliveness

the whole effort of vipassana meditation

brings you herenow...to conscious actions herenow...

each and every movement of yours is filled

with a meditative herenow

walking meditatively...

moving meditatively...

you are bringing the body to this standstill moment

you can bring the body to the herenow

the more you understand it

the more the stillness appears in this body and its movements