

the moment you have come to the stillness in this body
you are experiencing the present moment
because stillness stops the mind
if your body can be utterly still
this pendulum of mind moving...tick tock...tick tock...tick tock...
past future...past future...past future...
this movement stops
and you are here...
stopping this body into a state of stillness...
stops the mind...
mind stopped...
the projection stops...
the dreaming stops...
you have come to live in the present
 this is a beautiful revelation
 that if you can bring this body into stillness
 you can stop the mind from wandering around the universe
 if you are living in the past you are living in the dead
 if you are living in the future it is dead
 life is this present moment...
 living totally means living in this vertical moment...
 living this life...
 this one drop of life...
 vertically deep...
 because you have only one moment at a time...

in fact you are running around horizontally into the world
and all that movement is creating more mind
slowing down the body
this whole body is coming to a standstill
and you are living totally...not a single movement
but you are living totally...not a single ripple
you are in the present moment perfectly herenow
what a strange experience

when people say...i am living totally...
they are running here and running there...
they are living in their projection
you cannot live in the projection
it is simply an illusion
you need to experience real life and real life is here
so strangely...slowing down...is living more totally
utterly still...and you have lived totally
not a single movement...you are on that hairline of life
and you are complete...

many times i hear people say
i am living life totally moment to moment
they can misunderstand the masters words very easily
they are not living their lives moment to moment
they are living their dreams...far away !
they are not living their lives moment to moment
they are living in the past...dead memories...and future projections...
running around horizontally...the centre has no life pulsating
the vertical centre has no life strength
 come to this vertical centre in you
 and your body will become like a pillar of light
 your body will radiate stillness and presence
 that presence of being present here...totally here
 nomind...no desire...just physically utterly still
 and you are living totally

totality brings you to a stop...
you have to understand the nature of mind
mind is a clock...the body is a clock
the moment it pulsates to the right it creates a movement to the left
the left creates a movement to the right
right to left...click clock...click clock...click clock...
this is the clock
it keeps the mechanism alive