

## THE PRESENT MOMENT IS THE END OF TIME

We like to think that we live in the present moment, but the reality shows otherwise. It would be more correct to say that we are “being exposed to the present moment”; that is the operative language, IMO. There is reason to believe that time ends in the present moment.

Apparently, the present moment is some kind of a groove that we are not automatically slotted in. In other words, we don't naturally roll or fall into the groove of the present-tense, although it is all that we have before us. Go figure that out.

The present moment is not only an intellectual concept that philosophers argue over, as to whether it even exists or not. The “present” is said to be so instantaneous (of the split-second that) it is over before it begins, yet it is also called the eternal present. How can it be both?

My rather crude answer to that question is because we never spend any (or very little) time there. No matter how brief the present is, we still don't seem to have enough time to remain there. Yet, the present moment is much more real than just some philosophy argument. If the Present is the tip of the top of the razor's edge between the past and the future, we sure don't know how to balance ourselves there.

Instead, it seems that we roll off into the past or cast ourselves into future imaginings most of the time. My point is that the present moment is not some intellectual dilemma, some white-paper concept, but a stark reality that in fact is hard to endure, hard for us to stand. I have experienced this recently in real-time. The so-called “Now” is not just a philosophical quandary as I used to try to imagine, but much more a hard-scrabble struggle to remain aware OF the present moment and to remain IN the present moment.

The Present not only can be proved by philosophers to seemingly not exist, but rather also is so ever-present and dominant that we can't withstand its constant onslaught, so to speak. It is like the Sun at Noon on a summer day, so bright that we cannot look at it without dark-glasses; most of us quickly find ourselves seeking out the shade. I only discovered this for myself recently. Just try to look directly into the present moment. This is why meditation exists.

The Present is indeed eternal, but apparently, we can only stand a wee bit of eternity, so stuck are we on time. LOL. The present is so bright that we are blinded by its, well, very presence. Like leggy plants that need the sun, we each need to harden ourselves off by enduring the present moment for more than a fraction of a second. After all, it is omni-potent and timeless. Time stops in the present and nowhere else. Instead, we look in the rearview mirror of the past to see what we just did in the present; we would rather reflect and live by our reflections. Which brings me to what we call “meditation.”

In a very real sense, meditation is not only some pleasant timeout or a methodical practice on a cushion, but also (and perhaps even more so) a wrestling with reality in

our attempt to become familiar with and seize (or endure) the present moment and the day -- Carpe Diem. Exposing ourselves to the present moment, in my experience, is a grueling task that (apparently) few are up to. Instead, we spend most of our time flickering in the past or the future.

For all our complaining about the weight of time, apparently, we prefer it to the eternity of the present moment. Yes, we all are perpetually exposed to the present moment, yet we cannot look it in the eye. And here is something to consider:

I am of the opinion that "this moment" is more like the wormhole that deep-space astrophysicists write poetry about; they tell us that it exists at the center of a black-hole, a singularity where the normal laws of Samsara break down, a short-cut through time (and space) via eternity into our future.

When I open my mind, I find that the present moment is exactly like what we will encounter in the bardo after death and it is here with us right now; always has been. It is comical that we assume our universe after death is some far off place (or state of mind) we eventually will find ourselves in. It's right here and now. What we imagine as distant is now near.

The fact is that we just ignore the present and instead dream a karmic-bridge to hold back what we have, lifetime after lifetime, until our karma is exhausted and we can look the present moment in the eye.

Anyway, that's what comes to mind. What is the present moment? Please tell me how you see and experience it.

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"As Bodhicitta is so precious,  
May those without it now create it,  
May those who have it not destroy it,  
And may it ever grow and flourish."