

The Joy of Being in the Moment

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Have you ever been in conversation with someone and suddenly found a hand waving in front of your face with your friend asking, "Hello, where are you?" and then you have a go 'round as to whether you were listening or not?

Many of us have been caught napping with our eyes wide open or daydreaming as someone else is talking and we've had it done to us. Sometimes, you feel it's okay to do otherwise you'd be bored to tears. The fact is, though, that we don't appreciate it when others do it to us. So what is the solution? The obvious answer would be to pay attention. But it's very possible that there is a more intrinsic solution to this than just paying attention.

Paying attention to someone speak is just one aspect of our daily experience. What about what you're doing right this very moment? Are you truly focused on what you're reading or is your mind galloping off in various directions? What about when you were driving your car today, watching television, walking the dog, shopping, taking out the trash, or in a conference meeting? If you were playing with your kids, what was on your mind: work, bills, upcoming events, other responsibilities, things you'd rather be doing?

If you stop to think about it, our minds are quite active. Ordinarily, we may not be thinking in the realm of Einstein, but we constantly have some kind of mental chatter at work. For many of us, this chatter becomes habitual to the point that we aren't really aware of what's going on in our head. What would happen if we were to stop the chatter and truly be present with what's in front of us?

Being "present" may sound nonsensical but it very simply states the obvious: be in the moment, not somewhere else. It means that if you're talking with someone, the rest of the world doesn't exist, just the two of you as you engage in discussion. If you're at work and surrounded with piles of tasks, it's allowing yourself to be fully absorbed with completing them knowing you'll have cleared things off your plate and made progress. If you're driving cross-country, it's being aware of all the scenery and flora and fauna, the other people on the road, the clouds, the play of light and shadow across the landscape. It's enjoying the moment for what it is even if you're sitting in stalled traffic on the hottest day of the year and not a breeze stirring. You're there for a reason. Is it to learn patience, compassion for others, are you being given a chance to think about something that needs attention? Perhaps you've been going full steam ahead all day and you've been given a surprise moment of respite. Seize the moment to see and experience something deeper.

Being in the moment is also about appreciation. It allows you to let go of so much of what concerns you so that you can relish the moment for what it is. If you look carefully, you

may find something special or of value to you whether it's blatant or subtle. And when you're in the moment, all the other facets of your life seemingly become less ponderous and impinging on the larger picture of who you are. You can take a step back from your emotional attachments to gain a dispassionate sense of your involvements, how they work together, what the main themes are, where you'd like to be headed, where you'd like to put more of your energies. Who knows, you may find when viewing your sea of experiences from this perspective that there are miracles you've missed – miracles that let you know how special you are and how significant and exquisite are the things, events, and people in your life.

Being in the moment most importantly opens our heart and allows us to feel gratitude for everything occurring in our life. Nothing happens without purpose and it's much easier to grasp the meaning behind our experiences if we're in a space of gratitude and love. We each have so much to learn and conversely, we have so much to share with others. One such principle to work with is that through spiritual exercises and by practicing the presence of Divine Spirit, we bring ourselves into the present. We find we're not living in the past or the future, but focusing on the here and now so that we may create a more enriched life.

Life is a gift and you are a gift to life. Try being in the moment with yourself and others and see what transpires. You may find a miracle and you may be a miracle for someone else. Discover the joy of being in the moment.

