

The relentless forward momentum of our lives often obscures the beauty of the present moment—the fullness of the world as it is right here, right now. During the day, see if you can detect the bloom of the present moment in every moment: the ordinary ones, the "in-between" ones, even the hard ones. Try letting go of all doing, shifting into the being mode, in which you simply dwell in stillness and mindfulness, attending to the moment-to-moment unfolding of the present, adding nothing, subtracting nothing, affirming that "This is it."

If you are up early in the morning, try going outside and looking (a sustained, mindful, attentive looking) at the stars, at the moon, at the dawning light when it comes. Feel the air, the cold, the warmth (a sustained, mindful, attentive feeling). Realize that the world around you is sleeping. Remember when you see the stars that you are looking back in time millions of years. The past is present now and here.