

The Present Moment

If we say that we are seekers of the Divine, it means that we are seeking the undivided, that which is One—where the sense of division that is there, when we think that there is a separate subject and object, disappears. This is impossible for our mind to conceive of. As Pūjya Swāmī Chidānandajī has said, it cannot be described, but it can be experienced. Still, we would like to have some help in being able to visualize the goal so that we can work towards it in a more conscious way. We would also like to know the effective ways of working towards it.

One way that they have of describing the goal is to speak of it being timeless. Does that mean that time stops? No, the clock keeps ticking, and we know that it is 6.45 in the morning or it is time for lunch, but when the subject-object relationship begins to fade, so does the constant habit of our mind of either dwelling in the past or anticipating the future. More and more our mind concentrates on what is here and now, the present moment. So when we concentrate on the present moment in a natural way, there is a sense of timelessness.

All our spiritual practices should help us to concentrate on the present moment, but this is one special benefit of the repetition of God's name. When we repeat God's name with concentration, the past and future fade away. Not that our mind may not go there, but when we are concentrating on the mantra, we are functioning in the present moment. We can get a sense that there is only this moment.

This practice then leads us closer and closer to what is called timelessness. It is simply a sense of existing here and now. It has a fullness about it; it is undivided, which means divine. This moment brings us closer to our true Self. Indeed, it is an expression of our true Self.