

by yoga teacher Gregorian Bivolaru



1. Ask yourself: "where am I?"

Answer yourself: "HERE".

Ask yourself then: "In what moment am I?"

Answer yourself: "NOW".

Repeat these questions until you become profoundly permeated by the truth of these two eternal coordinates within in which you exists, existed and you will exist for ever: "HERE" and "NOW".

2. Program a clock to ring many times during the day when you are in the middle of the various actions. Then, ask yourself the questions:

a) "where am I?" and replay: "HERE"

b) "In what moment am I?" and answer "NOW".

Each time when we realize this we must feel the direct and character of the "HERE" and "NOW". Acting in this way, we'll begin to realize that anywhere we go and in any chronological moment we found ourselves, we are FOREVER HERE AND NOW. Therefore, we'll understand that we have never been anywhere else but HERE and NOW. The clock will continue to tick in the monotone flow of the time, the Earth will continue to rotate around the Sun. With detachment, we let all the aspects of life to pass continuously caught in the torrential whirlpool of the sequential time. We always permanently remain conscious that we exist HERE and NOW.

This represents a simple spiritual exercise, but incredibly effective, which is meant to move us deeper in the eternal present, there where truly EVERYTHING exists.

