

The WOW of NOW: Exploring the Divinity & Infinity of This Moment

I honestly cannot think of anything more talked about in the “spiritual community” than the importance of being present or “staying in the moment” or someone mentioning the (literally) life-changing book by Eckhart Tolle aptly named, “Be Here Now”.

So, what IS it about right here and NOW that is the focal-point of Spirituality when you get down to the nitty-gritty? Why is it that we always end up HERE before any major revelation or life change? Or that we never really seem to “get it” about something that’s been weighing on us, or bugging us, or pulling us to make a decision for a while...until we literally center ourselves in the present.

Because it is not until we become aware of the stillness; the nothingness of everything...that we open the flood gates to our own Divinity and to the Infinity of time as we know it. The present moment is here to remind us that we are endless, that we are IT. That when life is too much and we get caught up in the third-dimensional illusions and dramas that time and our egos beg us day after day to get entangled in, we always have a place to come home to.

It is here that Yogis and Zen Master alike old and new are lead and lead others to generation after generation. The present moment is not actually anywhere you travel to per se, however, but rather a realization that you are already there and with that the awareness of your true power. It is the remembering of who you are...

The present moment is the only moment available to us, and it is the door to all moments.

- Thich Nhat Hanh -



Consider it a door and one that you should make sure has well-oiled hinges and gets opened quite often. For if we do not use this door, many can forget it is there and begin to feel like life is literally a trap and there is no way out; they literally have lost their door.

But we always have the key; and it works even if we can no longer see the door. The key has always been and will always be the breath. When we breath in, we are literally rejuvenating our Spirit energy or mana that is connected to Mother Earth herself. And when we breath out, we are releasing energy back to it. This can also carry the energy of our words, so this is why it always best to be mindful of what we are putting out.

Think of when someone is stressed out or upset. Whether they are consciously aware of it or not, people tend to always sigh or take a deep breath don't they? It's as-is knowledge that the breath immediately centers and has a calming effect is innate! It's like we just know to do this just the same as when something hurts (like when we get a stomach ache) we innately know the healing power of touch, and will innately draw our hands to the place that is hurting. Taking a deep breath will always bring you right here and right now!

Humans are such incredible creatures and if we'd only stop listening to the talking heads we have all convinced one another for whatever reason know more than the rest of us, we might actually start regaining our personal power back. The

power that each of us is entitled to and born with as divine creations of infinity.

No one can take this power away from us, but it can diminish and wither if not used or if we simply believe for so long we simply do not have it. Take a look around at the state of the world today and especially the society of the United States. We are dumbed down, told what to think instead of how to think and we pay people to do this to us and our children generation after generation. Luckily, a few get through, a few refuse to sleep, a few have come back to this moment too many times to know that anything else but right here and now is an illusion; albeit a persistent one.

Try it out. Try empowering yourself with just one thought of something you think you cannot do. Whether you still feel you can't, keep telling yourself that you can, until you actually start to feel that you just might be able to. And then, tell yourself again. And start to see how that changes how you feel over time; about yourself, about others, about life and the world in general. And then notice, how more you notice the present and how much more you can appreciate it.

We put so much energy into things outside of ourselves. And I believe that most of us want to do good, be good and see "good" as being someone simply coming from a place of authenticity and heart. And perhaps if we can all try to point the way home inward for each other through a compliment, a kind gesture, a favor, a selfless act...to someone you know, a stranger or hey, even yourself...then maybe we might all someday find ourselves no longer looking for ourselves. Because when we fully become present, we ourselves become the Gift.



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