

THE ESSENCE OF PRESENCE · WALKING INTO HERE AND NOW (IN001)

A Walkie Talkie Core Extract

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🌈 We bring you core extracts from the "Walkie Talkie" series! Being present as it happens. Reaching for the fullness of your being and becoming in actuality. Plunge into the essence of the first eight episodes in the series. Be here now – like actually and for real.



✨ **The Greatest Holy Work – Be Present
In Actuality (WT001)** →

https://youtu.be/FsZR1N0_J4o

✨ **Be Here Now Right – As You Or Hippie Piles (WT002)** →

<https://youtu.be/kafcmnBU-Lg>

❖ **Mating NowHere and NoWhere – Everywhere in a Nutshell**

(WT003) → <https://youtu.be/SwVNcX-Iu1U>

❖ **Rainbow Serpent Slipstream NoWhere Beyond Dodo Birds**

(WT004) → <https://youtu.be/12m1Vn60hqE>

❖ **Plant Your Deepest Roots · Not Bypass Bliss Bubbles**

(WT005) → <https://youtu.be/wYJUZZFZOIQ>

❖ **Here Now Is Consequential × Operate in Total Presence**

(WT006) → <https://youtu.be/rusFGRVrkno>

❖ **The Journey of Integration Into Reconciled Embodiment**

(WT007) → <https://youtu.be/dgH0kbOHMOU>

❖ **Alignment Here and Now × Every Dimension of Life (WT008)**

→ <https://youtu.be/CD5WZLxnRSE>

#InANutshell

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Walkie Talkie series. Being present as it happens.
Reaching for the fullness of your being and becoming in actuality.

1. The Greatest Holy Work – Be Present In Actuality

Wherever you are, whatever you face – be there, recognize that. What need is there for awareness to be anywhere else but here? Yes, we take glances into the future. We recollect from the past. But all of it has its roots in the present of what is.

If you hallucinate to make your existence more bearable or meaningful, know that it is a short-lived fix, symptomatic relief, and in time you will always have to return to the true medicine of actuality itself. Then step into the moment, ascend to the present before you. There is no other that holds meaning, substance, significance, truth...

Actuality. As it is. There you have the greatest holy work, the mystic accomplishment. Allowing what is to be exactly as it is. Simple, but ever so complicated.

2. Be Here Now Right – As You Or Hippie Piles

Be here now! – Right? Like a bunch of hippies in a pile – making love and going with the flow. Well, that's not exactly what I was pointing to in yesterday's walk-about on being present for actuality and what is. That hippie love pile, for all of its merits of liberation, is untethered from the fullness of here and now. Not attending to the broad spectrum of what is and what you are. Yourself.

There is no life in the past, there is no life in the future. Living only ever happens in the present. In the fullness of the present, as yourself, attuning to all that is,

exactly as it is. In full awareness and acknowledgement of your entire stack of being. Your instincts, your emotions, your thought-forms, your identity itself – the roles you take.

Don't hover in the ghosts and fairies of past and future. Don't jump into the love pile of a particular bandwidth in the present. Be present in the fullness of what is present. Rewinding from all over time and space into kind of present for a starter, and from there, being totally present, absolutely present, and as the nothing that is everything in the present. There you go.

The present is ever changing, it's elusive. You can only ever keep track of it, but you cannot lock it in place. There is no fixed self anywhere to be found. It's a living process of reflections. Don't try to be present in a snapshot. Be present as it happens.

3. Mating NowHere and NoWhere – Everywhere in a Nutshell

Now-here. No-where. Everywhere. Simultaneously. How confusing! I'm feeling lost. Good! If you're feeling lost, then congratulations are in order. You've landed somewhere in a place where something can be found,

discovered. But is there something to be discovered? Isn't it all just like one and spiritual and done and shit, right? Like what?

Now you may land in the present when your attention is funneled just the right way, but alas, turn your head again and you're all over the place. The rest of all of you is still a matrix of blind spots, all sorts of weird and wonky habitual nests your consciousness enters and abides in. The veils are still thick.

So now-here and no-where are partners in crime in the process of enlightenment. Have them both. Emptiness and fullness. Necessary. The everywhere naturally follows from the nowhere, when you have shed your veils of confusion and when you have realigned your unevenly distributed attention. You are not going to be simultaneously present in every corner of the universe in all dimensions.

However, you can be simultaneously present, aware, recognizing the entire stack of your awareness – the inner universe. In a nutshell: Aware of your instincts, emotions, thought-forms and identity. Aware of your structures, cohesion, catalysis and relations. Aware of the plus, minus and balance – pushes, pulls and

stability. That's a good basic package, constants to be aware of.

But do not latch on to it, do not start holding on tight. Have your "now here" sheltered in the nowhere. Keep your mini-me, your finite ideas out of it. Let reality, inner and outer, express itself as it is. Then you can be everywhere simultaneously, because you are not pushed or pulled anywhere in particular.

4. Rainbow Serpent Slipstream NoWhere Beyond Dodo Birds

Didn't get to walking today, so here I am, riding my magic pony, extending the horizon of operations. Explore the fullness of your horizon. Expand your horizons, step out of that claustrophobic little box. It does no good for you. It shrinks you smaller and smaller into a minuscule shadow version of what you could be, if you were simply present here and now in the fullness of what is.

Bound in the prison of your own constructs, rusty old shackles of your own design, the habits that keep you constrained and conditioned. Break free! All things come a full circle and you will meet your fulfillment. If

only you step outside of that little finite box of what you think should be, must be, and how you are in it. All stuck.

Don't be buried in your own stuck ups. Break free, shed the shell, break from the cocoon, be reborn in the fullness of what you are. Become all that you could ever be. Spread your wings, fly like an eagle. Explore the expanse. Be here now. Aiming nowhere, being everywhere. Right now. Come mist, come fog, come whatever thunderstorms. On we go, and one day somewhere out there, you will meet yourself again. In here.

5. Plant Your Deepest Roots · Not Bypass Bliss Bubbles

Journey across the universe... Fluttering gracefully like a spiritual butterfly. Ever present here and now, with no worries in the world. The worries have been gracefully bypassed. But lo, times they change, fates are spinning their tales. Season for the steel winds. The three-eyed raven will come and rip your wings right off.

So you know, we also need to be really rooted. Actually plant those deep tap roots of your intention,

determination. A certain clarity in the practical living life, the configuration of your consciousness in the here and now. So be proactive. Don't be a clueless sweet little daisy. Be a deep-rooted banyan tree.

Proactive in ever scouting for your peak potentials, your deepest bases. Setting them, affirming them, holding on to them, letting them become the foundation for your whatever journeys across the universe. Then set your bearings – clear like a laser, sharp like a razor. You will actually make progress on this path.

Don't be a random hippie hummingbird. Be a bull, be a lion, be an eagle, be an authentic human child, born for integration and consummation. Roots natty roots. Here and now. Solid in actuality. Not a random joint smoking rastafari, producing vapors for the wind. A pioneer of insight, a miner of the bedrock, a pinner down of the building blocks of actuality. Maximum expansion, maximum contraction.

6. Here Now Is Consequential × Operate in Total Presence

Being here now is consequential – if you're actually doing it properly. There are implications from the

recognition of the naked raw reality in front of you and inside of you. It's transformative, engulfing you like flames in a forge.

The clarity and radiance of right here and right now, at its full spectrum, forces you to confront all that you are. See your blind spots, see all that you've denied, face it, deal with it. You cannot just rewind into your little bliss point and stay there forever. You have to come back to the living world of interaction, transformation, works to be done, life to be lived.

Do not hijack the present in a very finite edition in order to escape from your reality. All of it is present, all of it is here and now. It's not just the slice of it that makes you happy and feeling at ease. It will pop, the life will shred you apart.

So, let's get to work, right here and right now, with all you've got, full capacity, into the absolute of all that is present. The present is your work site, the present is your field of operations. Do not avoid it, enter it fully. Don't be a half-baked bliss-bubble spiritualist. Be real.

7. The Journey of Integration Into Reconciled Embodiment

You may have lived a life enriched by a broad spectrum of experiences. You may have touched upon the yonder shores of the cosmos. But where does that leave you? You still hold nothing of true substance until you pause to consolidate, integrate all that you have. Churning your pool, refining all of your life's yields into true living essence.

This is the journey into reconciled embodiment. Plunging deep into your increasingly saturated inner basin. We are talking about the extraction and harmonization of essence itself – not your ideas about it. Yes, there must be reason in way of discernment. Determining true/false, illusions/realities. Worthy and worthless, elected and condemned, the sorting out of your own inner herd.

Do not fall into madness. Do not entertain psychotic episodes woven around your self-importance, born of the recognition of your essence. You are just as every one of us, simply in a particular phase of your cognitive process. Do not be mesmerized by your contents. Go forth in a quest for truth, clarity, absolution. That is the way of crossing beyond.

Beyond into purity, beyond into alignment, beyond into the consummation of your life-cycle as a whole. Confront yourself, judge yourself, and you will be consummated in truth. Bypass and you will perish. These are no more the leisurely winds in our walkabouts. This is the maelstrom from the deep. Rediscover your essence. Compact it into true substance. Complete harvest and integration of your essence. Absolute in its truth. That's all. Do it. Do it and you will be spared.

8. Alignment Here and Now × Every Dimension of Life

I simply need to hear you, meet you. As it is, as you are. Undistracted, free from the pushes and pulls of anything or anyone. Into your ground of being. There we will build our foundations. Nowhere else. Then recollect your clearest insights, recollect your purest feelings, weave together the potentials of what you are. Then concentrate, plant your beams in the bedrock, light up that beacon for clear direction, and engage diligently in works of transformation.

When your seeds were worthy, when your works were faithful, you will reap a good harvest. Your essence will

be immaculate. Like gold refined in bright blue flames, clear of impurities, essence will rise, flow over the boundaries of your little cauldron. Reconciled, harmonized, primed for consummation. Absolute, you may ascend. The halo of your complete presence in the here and now, the palace of the fabric of actuality, neatly tiered in orders of emanation.

There, my friend, you have the first milestone into entering here and now. Being present. As in, actually. Actually, right here and right now, with every dimension of living experience, compiled and enacted in the present, in full aligned embodiment. What say we take a trip there one of these days?

With this we reach the end of a certain journey, having touched the seven stations of being and becoming. Brought together, consolidated, aligned in the eighth. Here we are. We take these journeys all the time, unaware. Why not identify the stations, the prime aspects of your awareness, the major situations in your lives. Then, embark on a pilgrimage in awareness.

 <https://ananda.icu/talks/in-a-nutshell/in001-the-essence-of-presence-walking-into-here-and-now>