

THE GREATEST HOLY WORK — BE PRESENT IN ACTUALITY (WTOO1)

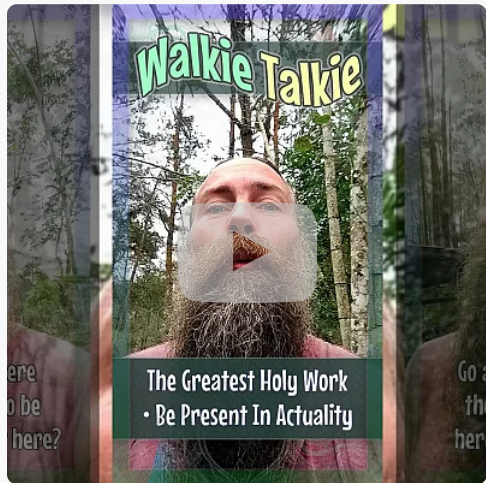
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What need is there for awareness to be anywhere but here? In the actually here and now as it is. Not that multicolor extravaganza you paint over it to feel better or become something else. Past and future root for present. Be there.



Stop fiddling with your phone and meddling with your reality. Drop out from your bizarre psychedelic cocktail already. It's a

bad trip when you drive it hard and far enough. Tune into right now – it's a most holy moment. Peace out.

*#WalkieTalkie #BePresent #HolyWork #Actuality
#PastAndFuture #HomeBase #HereAndNow #AnandaICU*

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. This present actuality right here is the hub, the home base, the nexus for your awareness. The attractor of all that ever was in the past, the caster of all that will ever be in the future. Handle it on top priority – be here.

Informed by the past... Uncolored by the past... Unflavored by the past, uncolored by the future. Informed by them, yes, but not dictated by them. Free yourself from these filters, examine exactly what is, as it presents itself to your present awareness – without meddling. The word meddling, I use it a lot.


It is when you try to turn what is into something else, in order to feel better, in order to turn yourself into

something else. Don't do that, it leads you into hallucinations. 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.

Your mythic frameworks, your gods, your spirits, your angels and your prophets, they are all utterly meaningless, when they do not compile themselves into present living reality. There is no living in truth by latching on to ideas brought forward by others. Living in truth only ever happens in the truth of your present experience.

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.

Then stop fiddling with your phone and your reality already. Go away, get lost in the present – right here and right now.

 <https://ananda.icu/talks/walkie-talkie/wt001-the-greatest-holy-work-be-present-in-actuality>