

BE HERE NOW RIGHT — AS YOU OR HIPPIE PILES (WTOO2)

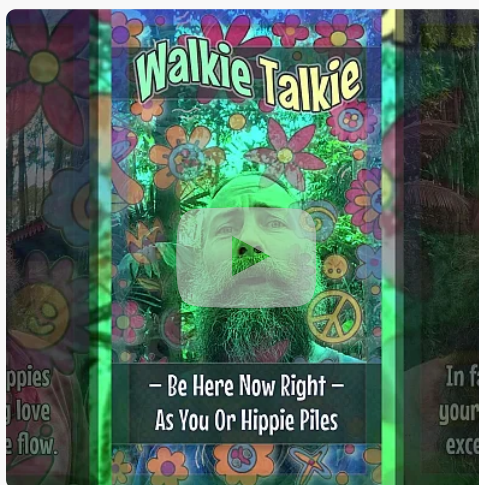
◀ Walkie Talkie ⇨  Video ▶  Audio ▶

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I hear you want to Be Here Now. Like a bunch of liberated hippies in a pile? Or like actually and fully present as you are? Whatever that actually means? Are you really looking for that absolute presence? Or just unhinged liberation feels?



So a friend asked if there's a conflict in being present vs. being yourself. Well actually quite the opposite. This "yourself" only

ever lives in the present. Yourself is not the ghosts of past or the fairies of future. Be here. Be now.

#WalkieTalkie #BeHereNow #Presence #HippiePile
#FullyPresent #Actuality #TotalPresence #Liberation
#Nothingness #AnandaICU

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. Zooming and humping a particular frequency of what is there, but ignoring the greater part of the here and now, Not attending to the broad spectrum of what is and what you are. Yourself.

So a friend asked in follow-ups, this being here and present and being myself, are these counterintuitive — contradictory? Well, actually, no, they're not. In fact, you cannot be yourself anywhere else except in the present. Your future is yet to be written — your past is memories that are fading.

What you remember of the yourself that was, typically a memory, an impression edited in your favor, you cannot live that, be present in there as yourself. Nor can you be present as yourself in an idea of what you should be in the future – your dream identity. 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.

They are all a part of the present picture – embrace it in its fullness. As it is. 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 nothing, I simply point to the nothingness of a fixed present. The present is ever changing, it's elusive. You can only ever keep track of it, but you cannot lock it in place. You also cannot lock yourself in place – and from that we get the understanding of non-self. 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. Void of permanence, void of your meddlings. There is the nothingness that sets you free. Be here now. Right, right, right now.

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