**Power of Now**

Most of us are trapped in the illusion of time. We spend the bulk of our energy reminiscing the past, or hoping for a better future. In the process, we are absent in the “Now”–the only real moment that we have. “The Power of Now” helps us discover our true Being and find deep inner peace. When we are intensely present in the Now, we respond from deep consciousness and start knowing the truth.

We are pure consciousness, beings of love, joy and peace. Yet, most of us are struggling and in pain because while living in the past or future we are moved by misinformation holograms that keep moving in the Akashic field. It is only when we live in the Now i.e. the Present, we are able to produce our own informational holograms. Misinformation can be attacked by knowing the truth and we can know the truth by living in the present. When we live in the present, our body moves in the growth mechanism as explained by Prof. Bruce Lipton, thus producing oxytocin which is fuel to the PFC. People living in the present works with their developed PFC thus producing Gamma waves which influence others rather than being influenced by the holograms produced by other people. Creativiry is also the “Power of Now” person. Crative person is highly sensitive. People knowing the power of Now are pure in feelings and are linked to the consciousness field. Now the question arises what makes you live in the present? Meditation of any kind will tune you to the present. Love makes you alive in the present. True philosophers make things alive. They are not the ones who are shaky from the fear of future.

Mahatma Gandhi said “Fear raises phantoms that are more fearful than the reality itself”. They prepare their future and that is the power of now. Jawaharlal Nehru lived in the power of Now through textual meditation by writing love for India. Holograms that Indians are black and dirty were attacked by Mahatma Gandhi who also lived in the power of Now. Thus, it is not that in ancient times holograms doesn’t existed, it is now when Science has concrete proves to realise the existence of cosmic holograms.

Living in the present, when we develop a deep awareness and connection with our Inner Body or our Being, we will realize that we are not isolated in our physical form, but are one with the rest of the Universe. Everyone is linked with the counsciousness field. 99.999..% of our body is energy. In doing so, we can better fulfill our outer purpose (to achieve goals and seek to create a better world), *while* fulfilling our inner purpose and truly changing the world at cause.