

# **The Power of Now: Transcending Mind and Accessing Being**

## **Introduction**

Have you ever noticed how your mind constantly pulls you away from the present moment? We live in a world where most people are trapped in psychological time, oscillating between past regrets and future anxieties, missing the only point of access to true peace and fulfillment: the Now. This profound insight forms the foundation of a transformative spiritual teaching that challenges our conventional understanding of consciousness, identity, and reality itself.

The teaching presented here offers a radical perspective on human suffering and its transcendence. It explains how our identification with the thinking mind creates a false sense of self that perpetuates pain and unhappiness. By learning to disidentify from mental patterns and access the dimension of Being that lies beneath thought, we can experience a liberation that no external circumstance can provide. This approach doesn't require adopting new beliefs but rather letting go of the accumulated mental conditioning that obscures our true nature. Through practices of presence, inner-body awareness,

and surrender, we can dissolve the ego-based consciousness and awaken to the timeless reality that has always been our essence.

## **Chapter 1: Understanding the Mind: The Source of Suffering**

The mind, while a magnificent tool for dealing with the practical aspects of life, has become a destructive force when it operates unchecked. Most humans are completely identified with the incessant stream of thoughts, emotions, and mental images they experience. This identification creates what can be called the "egoic mind" - a sense of self derived from thought content rather than from the deeper dimension of Being. This false identity requires constant maintenance and defense, creating an underlying current of fear and insecurity.

The primary dysfunction of the human condition stems from mistaking the thinking process for who we truly are. When we believe we are our thoughts, we become trapped in psychological time - constantly dwelling on past events or projecting ourselves into an imagined future. This mental time travel prevents us from fully engaging with the only moment that ever truly exists: the Now. The mind creates an illusory sense of incompleteness that can never be satisfied, as it's always seeking fulfillment in some future moment that never arrives.

The suffering this creates manifests in various forms - from subtle background anxiety and discontent to intense emotional pain. The mind generates negative emotional states through resistance to what is, judgment, and attachment to particular outcomes. These painful states aren't merely personal experiences but part of a collective human dysfunction that has led to tremendous suffering throughout history. Wars, violence, exploitation, and

environmental destruction are the external manifestations of this internal disconnection from Being.

Our identification with mind also creates what can be called the "pain-body" - an accumulation of old emotional pain that lives within us and periodically becomes activated. When triggered, this energy field can completely take over our consciousness, causing us to think and behave in ways that generate more suffering for ourselves and others. The pain-body feeds on negative thinking and painful experiences, creating a self-perpetuating cycle that can only be broken through conscious awareness.

The way beyond this suffering isn't through more thinking or mental strategies, but through a shift in consciousness. By becoming the witness to our thoughts rather than being completely identified with them, we create a space of awareness that allows us to recognize our deeper identity. This witnessing presence is the first step toward freedom from mind-dominated consciousness and the suffering it inevitably creates. Through this awareness, we begin to access the dimension of Being that has been obscured by our addiction to thinking.

## **Chapter 2: Entering the Now: Beyond Time and Thought**

The Now is not merely a philosophical concept but a dimension of consciousness that transcends the limitations of time. It is the only point of access to the timeless realm of Being. When we speak of entering the Now, we're referring to shifting attention away from mental abstraction and into direct experience of this moment, free from the filter of thought. This state of presence

isn't something that needs to be created or achieved - it's already here, beneath the restless activity of the mind.

The primary obstacle to experiencing the Now is our habitual identification with thinking. The mind constantly pulls us into psychological time - revisiting the past or anticipating the future - creating an illusory sense that fulfillment lies somewhere other than here. This mental time travel generates much of our suffering, as we resist what is in favor of what was or what might be. The present moment often becomes reduced to a means to some future goal, robbing it of its inherent depth and aliveness. Breaking this pattern requires recognizing that nothing ever happens outside the Now - past and future are mental constructs that exist only as thoughts arising in the present.

Accessing the Now involves a shift from thinking to awareness. This doesn't mean stopping thoughts but becoming conscious of the space in which thoughts arise. Various portals can facilitate this shift, including deep attention to sense perceptions, conscious breathing, or simply noticing the feeling of being alive in your body. These practices help withdraw energy and identification from mental activity, allowing presence to emerge naturally. In this state, thinking may continue, but it no longer dominates consciousness or creates a false sense of identity.

The quality of your presence determines the quality of your life experience. When you're fully present, problems that seemed overwhelming often dissolve or transform. This occurs because many so-called problems are mind-created projections based on past conditioning or future fears, rather than actual situations requiring attention in this moment. By bringing intense presence to whatever arises, you access an intelligence far greater than the analytical mind. Solutions and insights emerge spontaneously from this deeper awareness, uncontaminated by the limitations of past-based thinking.

The power of Now extends beyond personal transformation to relationships and collective consciousness. When two people interact from a state of presence rather than from ego-based patterns, a different quality of connection becomes possible. Communication becomes communion rather than an exchange between separate entities defending their positions. Similarly, as more humans awaken to presence, this shift in consciousness creates the possibility for a more peaceful and harmonious world. The awakening from identification with form and the recognition of our shared essence in Being represents the next stage in human evolution.

## **Chapter 3: The Inner Body: Your Portal to Being**

The inner body refers to the felt sense of aliveness within your physical form - the subtle energy field that animates your body and connects you to the dimension of Being. While most people are primarily aware of their external physical form and sensations, the inner body exists as a more subtle realm of experience that requires a different quality of attention to perceive. This energetic dimension serves as one of the most accessible portals to presence and the transcendence of mind-identification.

Connecting with the inner body involves directing your attention to the feeling of aliveness inside your physical form. This might initially be experienced as a tingling sensation, a sense of warmth, or a subtle vibration. As you practice maintaining awareness of this energy field, the sensation typically intensifies, creating a foundation of presence that anchors you in the Now. Unlike thought, which pulls you into past and future, inner-body awareness keeps you rooted in present-moment experience. This practice creates a bridge between form and

formlessness, between your physical existence and the transcendent dimension of Being.

The regular practice of inner-body awareness produces profound effects on both consciousness and physical wellbeing. On the level of consciousness, it helps dissolve identification with the thinking mind by providing a concrete alternative focus for attention. The mind loses its hypnotic power when awareness is anchored in the body's energy field. Physically, this practice enhances the body's natural intelligence and healing capacities. The immune system strengthens, cellular regeneration increases, and the aging process may significantly slow. These benefits occur because presence removes the unconscious resistance patterns that block the free flow of life energy through the body.

Inner-body awareness also transforms how we relate to challenging emotions and pain. Rather than becoming identified with emotional reactions or resisting physical discomfort, we can use body awareness to create space around these experiences. By feeling emotions directly in the body without mental labeling or storytelling, their energetic charge naturally dissipates. This approach doesn't suppress or deny difficult feelings but transforms them through conscious attention. The inner body thus becomes a sanctuary of peace that remains accessible even amidst external turbulence.

The practice of inner-body awareness needn't be confined to formal meditation sessions but can be integrated into everyday activities. While engaged in conversation, working, or even during physical movement, you can maintain a portion of your attention in the inner energy field. This divided attention - part engaged with external activities, part resting in inner presence - creates a balanced state of consciousness that combines alertness with deep stillness. Over time, this practice naturally extends into all aspects of life, establishing presence as your default state rather than an occasional experience.

# **Chapter 4: Presence and Consciousness: The End of Suffering**

Presence is the state of consciousness in which you are fully alert and attentive to the present moment without mental commentary or judgment. It represents awareness freed from identification with thought content - a dimension of consciousness that transcends the limitations of the conditioned mind. This state isn't an altered experience but rather the recognition of your essential nature beneath the activity of thinking. When you access presence, you connect with the timeless dimension of Being that constitutes your deepest identity.

The shift from mind-identification to presence dissolves the root cause of human suffering. Psychological pain emerges from resistance to what is, judgment of experience, and attachment to particular outcomes - all functions of the egoic mind. When presence becomes established, these patterns naturally subside. You no longer create unnecessary suffering through mental opposition to reality or identification with emotional reactions. This doesn't mean becoming passive or indifferent but rather responding to life situations from a place of clarity and acceptance rather than conditioned patterns and resistance.

Presence operates at a higher frequency of consciousness than ordinary thinking. This elevated vibrational state creates a field of energy that transforms everything it touches. Negative emotional states, limiting beliefs, and dysfunctional patterns cannot easily survive in the light of conscious presence. Just as darkness automatically disappears when light is introduced, unconscious patterns dissolve when exposed to the awareness of presence. This explains why many spiritual traditions emphasize the transformative power of simply being with what is, without trying to change or fix anything through mental effort.

The deepening of presence reveals that consciousness itself, rather than its contents, is your true identity. Most people mistake the objects of consciousness (thoughts, emotions, sensations) for who they are, creating a sense of self that feels separate and vulnerable. As presence grows, you recognize yourself as the knowing space in which all experiences arise and subside. This shift in identity from content to context represents the essence of spiritual awakening. You discover that what you've been seeking through external achievements and relationships has always been available as the very consciousness with which you perceive life.

The practical application of presence extends to all dimensions of human experience. In relationships, it dissolves reactive patterns and enables authentic connection. In creative endeavors, it provides access to inspiration beyond conceptual thinking. In challenging circumstances, it reveals solutions that the limited perspective of the ego cannot perceive. Even physical health and vitality improve as presence removes the energetic blockages created by resistance and identification with limiting thought patterns. The end of suffering doesn't mean the absence of life's challenges but the discovery of a dimension within yourself that remains untouched by the changing circumstances of your life situation.

## **Chapter 5: Surrender: Accepting What Is**

Surrender represents a profound shift in relationship to life - from resistance and control to acceptance and allowing. This concept is frequently misunderstood as passive resignation or giving up. In reality, surrender means aligning with rather than opposing the flow of life energy in each moment. It involves relinquishing inner resistance to what is happening now, recognizing

that fighting against the present moment creates unnecessary suffering and blocks access to your deeper resources of intelligence and creativity.

The practice of surrender begins with acknowledging when you're in a state of inner resistance. This might manifest as judgment, irritation, impatience, anxiety, or any form of emotional negativity. These states indicate that you're mentally opposing some aspect of your experience, creating an energetic contraction that diminishes your connection to Being. By recognizing resistance as it arises and consciously choosing to let go, you open a space for presence to emerge. This doesn't mean you approve of all situations or become passive in the face of challenges, but rather that you act from clarity rather than reaction.

Surrender operates on multiple levels simultaneously. On the psychological level, it means accepting thoughts and emotions as they arise without judgment or identification. On the physical level, it involves allowing sensations and experiences to be as they are without mental resistance. On the practical level, it means accepting the form this moment takes while taking appropriate action if needed. The paradox of surrender is that it actually enhances your effectiveness in dealing with life situations by removing the distorting influence of ego-based resistance and accessing the intelligence of presence.

The deepest dimension of surrender involves relinquishing identification with the separate self-sense altogether. The ego maintains itself through resistance and opposition - defining what it is against rather than what it is. As surrender deepens, the boundaries of the separate self begin to dissolve, revealing the underlying unity of Being. This doesn't mean losing your functional identity but recognizing it as a temporary form rather than your essential nature. What remains is consciousness itself - the aware presence that is your true identity beyond name and form.

Surrender transforms how you experience challenges and difficulties. When you no longer resist painful situations but bring the light of presence to them, they become opportunities for awakening rather than sources of suffering. Even intense pain or loss can serve as portals to deeper consciousness when met with surrender rather than resistance. This explains why many spiritual awakenings occur during periods of great difficulty - the intensity of suffering sometimes forces a surrender that might not happen voluntarily. However, conscious surrender allows this transformation to occur without the extremity of crisis.

## **Chapter 6: Relationships as Spiritual Practice**

Relationships offer one of the most powerful contexts for spiritual awakening, as they consistently bring unconscious patterns to the surface where they can be recognized and transformed. Most relationships operate primarily at the level of form - the physical and psychological aspects of the participants - creating a dynamic of need, attachment, and eventual conflict. When approached with presence, however, relationships become vehicles for transcending identification with form and recognizing the shared essence of Being that connects all conscious entities.

The typical relationship cycle moves from initial attraction and projection to disappointment and conflict as the ego's expectations inevitably clash with reality. What many call "love" is often an egoic need for completion through another person, destined to transform into its opposite when the initial excitement fades. This pattern repeats because most people seek in relationships what can only be found within - a sense of wholeness, peace, and

fulfillment. True love emerges only when you no longer depend on another to provide what is already available in the depth of your own Being.

The practice of presence transforms relationships by shifting their foundation from mutual need to shared Being. When you relate to others from presence rather than personality, you perceive beyond their form identity to the consciousness that animates them. This recognition creates a field of awareness in which authentic connection can flourish. Communication becomes less about exchanging information or positions and more about creating a space of conscious presence together. The relationship then serves not to complete you but to express and celebrate the completeness you've discovered within yourself.

Relationship challenges provide exceptional opportunities for spiritual practice. When conflicts arise, they reveal the unconscious patterns and pain-bodies that have remained hidden beneath everyday interactions. Rather than reacting from these patterns or blaming others for triggering them, you can use these moments to deepen presence. By staying conscious when emotional reactions arise, neither suppressing nor acting them out, you initiate their transformation. Each trigger becomes an invitation to greater awareness rather than a justification for unconscious behavior.

The ultimate purpose of relationship as spiritual practice is to recognize that all separate identities are temporary forms of the same underlying consciousness. The sense of separation that makes us feel isolated and incomplete is an illusion created by identification with thought. As presence deepens in relationships, the boundaries between self and other naturally soften, revealing a shared field of Being. This doesn't diminish the unique expression of each individual but places it within the context of a deeper unity. Relationships then become not a means of fulfilling egoic needs but expressions of the love and joy that emerge spontaneously from recognized oneness.

# **Chapter 7: Beyond Happiness and Unhappiness: Finding Peace**

The conventional pursuit of happiness represents a fundamental misunderstanding of human fulfillment. Most people seek happiness through acquiring positive conditions and avoiding negative ones, creating a perpetual cycle of temporary satisfaction followed by renewed dissatisfaction. This approach keeps consciousness trapped in duality - the endless oscillation between pleasure and pain, gain and loss, success and failure. True peace lies beyond these opposites in a dimension of Being that transcends the polarities created by mind.

Peace differs from happiness in that it doesn't depend on external conditions. While happiness comes and goes based on circumstances, peace emerges from your connection to the unconditioned awareness that is your essence. This peace contains a profound aliveness and joy that has no opposite, unlike the pleasure-pain cycle of ego-based experience. It remains accessible even during challenging circumstances, not as a denial of difficulty but as the recognition of a dimension within you that remains untouched by the changing conditions of your life situation.

The key to accessing this transcendent peace lies in accepting the present moment completely. This doesn't mean passive resignation to undesirable circumstances but the recognition that inner resistance to what is creates unnecessary suffering. By surrendering to the isness of this moment, you align with the flow of life rather than opposing it. This alignment dissolves the separation between you and life, revealing the peace that has always been present beneath the turbulence of thought and emotion. From this state of acceptance, effective action emerges naturally, uncontaminated by the distortions of fear and resistance.

The impermanence of all forms and situations provides a gateway to transcendent peace when properly understood. Everything in the world of form is subject to change and eventual dissolution - relationships, possessions, achievements, and even the physical body. The ego attempts to find security by controlling or possessing these impermanent forms, creating inevitable suffering when they change or disappear. By recognizing the ephemeral nature of all forms while connecting with the unchanging awareness that perceives them, you discover a security and peace that doesn't depend on external stability.

Living beyond happiness and unhappiness means anchoring your identity in Being rather than having and doing. This shift doesn't diminish your engagement with life but transforms its quality. You continue to participate in activities, relationships, and creative expression, but without the desperate need for particular outcomes that characterizes ego-driven action. Success and failure, gain and loss, praise and criticism no longer define your sense of self. What remains is a profound equanimity combined with an intensified appreciation for the miracle of existence itself - a peace that passes understanding because it originates beyond the conceptual mind in the silent awareness of Being.

## Summary

The essence of this teaching can be distilled into a single profound insight: freedom from suffering comes not through changing external conditions but through transcending identification with the thinking mind and accessing the dimension of Being that is your true nature. By shifting from time-bound mental activity to timeless presence, we dissolve the root cause of human suffering and discover the peace, joy, and love that are intrinsic to our deepest identity.

This approach represents not merely a personal path to wellbeing but a crucial evolutionary development in human consciousness. As more individuals awaken from identification with thought and recognize their essential nature as presence, this shift creates the possibility for a transformed world. The recognition that consciousness itself, rather than its content, constitutes our shared essence has the potential to heal the divisions that have caused so much suffering throughout human history. In this awakening lies our greatest hope - not just for individual liberation but for the emergence of a new earth reflecting the realized oneness of all life.