\*From iPhone 1:02 PM\*

Humans are constantly in a struggle to live in the present moment. Our thoughts always taking us away, wisping us into an imagined future or a different past. Relaying memories on an insessant loop. Pondering questions like what if or why or how. It feels physically difficult to concentrate on the present. Our minds gifted us consciousness at the expense of living in a place that is everywhere but here. My body and my breath are the two reliable beacons that reign my ‘self’ back when I wander off in the chasm that separates the physical world from my mind.

To me, being mindful means bringing an awareness to everything that isn’t before and everything that isn’t to come. To truly, wholeheartedly exist by every means in the present moment. In thoughts, in body, in mind. To FEEL what your body is feeling right now.

Our thoughts about the past and the future, facts and hypotheticals, they influence our emotions in the present moment. So if we allow our thoughts to get pulled away into a space that doesn’t exist yet or doesn’t exist anymore, we encourage confuse our emotional state of being.

I’m sitting in a tranquil setting. The rain is falling on the tin roof overhead. The dog is nuzzling my lap. I have finished all of my work for the day. I feel rewarded. I feel relaxed. I feel at ease. I feel content.

But if I think about the future or the past, when I inevitably allow my mind to be whisked away to a far off land of hypotheticals and remembrances... I feel my body tense. I feel my brow tighten. My emotions change. I’m no longer here. In the same way that I cry when watching a good dog die in a movie, I am influenced by things that don’t even exist right now.

My mind is IMMENSE. My mind is incredible. But my mind is in control over my body. My mind is in control over my emotions. My mind is in control of my sensations. My mind often controls my thoughts.

I can choose.

I either allow my mind to take my thoughts hostage and run away into hypothetical lands and take my present self with it. OR I choose to reverse the role. Even for just a moment. I use my own power to control my brain. If I gain the ability to concentrate on my thoughts, I can find brief moments in between them. Moments that aren’t hypothetical or existing in the past. Moments that are whole heartedly right here, right now.

I can FEEL things that only exist at this exact second. And nothing more.

And that’s not all.

I can utilize my mind’s ability to visualize to influence my emotions in the present moment. If I feel scared, sad, depressed, hopeless, angry, or off... I can visualize myself feeling the opposite. I can visualize happiness, hypothetical or remembered, and I can focus on that feeling as if it was being experienced right now. My thoughts can influence my mind. My mind influences my emotions. I can feel happy, right here, right now, always. It’s living inside of my mind. I know what it feels like. I just need to allow my body to open up to the idea and feeling. I need to be patient. I need to visualize as if it is happening right now.

And it will.

For now though, all I can do (and all I should do) is simply sit here. And stare. Stare at the rain falling around me. Stare at the drops hitting the palm fronds that so eagerly collect the water in their giant crevices.

I can sit, in comfort, and feel my feelings, right now, in this moment. I can listen, to the sounds of the gentle pattering, to the river raging near me, to the gentle murmuring that I can’t understand, to the screams of the drenched parrots, to the thunder as it crashes above my head.

I can continue to practice. Practice my concentration. Practice my presence. I CAN live in this present moment, wholeheartedly. Mindfulness is simplicity. To harness the mind is to discontinue living in space and time that doesn’t exist. Presence is mindful existence. Right here. Right now.

And that’s what I will try to do.

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Just tried to do that for a few minutes while listening to emotional music (You- petite biscuit) and I was surprised at how difficult I found it to be. I was constantly being swept away into thoughts of what I’d be writing right now or what I could write about in an article or what I’ll be doing after the reserve or my time here already or the liberation of Thailand... it’s difficult to try to harness the power of my incredible consciousness. But I believe that with practice, it really can be done.