## ONLY THE PRESENT EXISTS

Cosme R. Martins. M.A. in Philology and Portuguese Language. University of São Paulo.

This article is based on the "Dvaita Vada Philosophy of Vaisnavism" (Prabhupada, 1972). "Time" is the representation of the Supreme Personality of God. Krsna says on the Bhagavad-Gita (Chap:10 text:33): "aham evaksayah kalo" - "I am the eternal time".

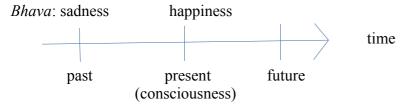


If we consider the time as a "continuous moment" we can experience that "only the present exists!".

In othe words: "the past was the present, the future will be the present, only the present exists" (Cosme R. Martins).

One can realize this "continuous present in relation to everything" if we consider the intrinsic relationship among "*bhava* (sentiment), time and consciouness". For example, if someone wants to recall a past event, let's say a "marriage ceremony" she may say:

Speaker: "Oh! At that marriage ceremony I was really sad" (while smiling).



The listener will consider the "bhava of happiness" to be more important than the "bhava of sadness" on this dialogue. This is due to the fact that just like the symptom of fire is "light and heat" the symptom of the soul is "consciousness" and one of the characteristics of consciouness is "sat" (eternality). Consciousness is then always situated on the present moment because the "soul is eternal":

na jayate mriyate va kadacin nayam bhutva bhavita va na bhuyah ajo nityah sasvato 'yam purano na hanyate hanyamane sarire

Bhagavad-Gita (Chap:2 text:20)

For the soul there is never birth nor death. Nor, having once been, does he ever cease to be. He is unborn, eternal, ever-existing, undying and primeval. He is not slain and the body is slain.

By taking this argumentation above into account we can represent this dialogue in the framework of Optimaty Theory (Prince&Smolensky, 1973) as follow:

	Bhava		time	
Input: Marriage ceremony	happiness	sadness	present – past - future	past – present – future
Speaker A		*!		*!
Speaker B	*!		*!	

The grammar of this dialogue:

For this dialogue to happen the constraints: happiness >> present - past - future are situated on a higher ranking colaborating to our aphorism that only the present exists

We believe that this article could contribute to a pshychotherapy researching.

## REFERENCES

PRINCE, Alan&SMOLENSKY, Paul (1993). Optimality Theory. MIT Press, Cambridge, Massachusetts, The United States of America – U.S.A.

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