

# Present Moment Reminders from Eckhart

**March 2, 2011**

All that we perceive in this world is existence. Underneath existence is being, the formless, timeless dimension within yourself. The sense of lack in so many of us has to do with our inability to sense the being within us, the "I AM" within, the primordial sense of beingness.

**February 22, 2011**

All life forms are connected and arise from the one source of life. Feeling the aliveness of the inner body is the beginning of realizing this.

**February 15, 2011**

If you go into a forest with your mind only, you'll only notice the sounds and the mind will try to interpret them. You might think you're present; but you're not really, you're simply judging what you hear. But if you become aware of the silent dimension underneath the sounds and in between the sounds, then you become present because the moment you become aware of the silence, you also have become silent.

**February 8, 2011**

The heart of the universe does not have a particular location; it's not somewhere out there. It is concealed in every being.

**February 1, 2011**

So really what it comes down to, it's God. Wherever you look, it's God appearing as this, that, that...and what you really love and appreciate in each form is the divine formless out of which each form comes. But to be able to sense that you have to sense it in yourself first. And that is seeing the beauty in everything, that's really what it means.

**January 25, 2011**

Don't underestimate the power that is in presence. Even if seemingly nothing much is happening yet, there's enormous power that comes through you and flows into this world. Don't even try to understand what it wants; you can only ever get glimpses of what its ultimate purpose is. There's no single human being who knows intellectually what that ultimate purpose of that vast power is that wants to come into this world through you.resent

**January 7, 2011**

The essential thing is to appreciate the seemingly unremarkable in your life. If you don't appreciate the seemingly insignificant and you're waiting for something significant to happen to you, then you always pursue some idea of what is significant and fail to realize the significant is hiding in the insignificant.

**January 7, 2011**

If you want abundance, you need to find that sense of fullness first, which is inseparable from the present moment. Feel a sense of lack and then try to create abundance. Your power is greatly diminished.

**December 28, 2010**

Gratefulness for what is there is one of the most powerful tools for creating what is not yet there. What does gratefulness mean? It means you appreciate what is. You value, you give attention to, you honor whatever is here at this moment.

**December 28, 2010**

You can't wait for the end of your problems for you to be present. It has to be done wherever you are--which is now.

**December 17, 2010**

If you choose presence now, because you realize strongly that that is what wants to realize itself through you, then it's less likely that life will have to force you into presence. You can either voluntarily walk into paradise or be dragged into it screaming "No!"

**November 25, 2010**

Who knows what is in store for us? I cannot predict the future. I'm not particularly interested. The present moment is wonderful enough.

**November 11, 2010**

Inner resistance to whatever arises in the present moment pulls you back into unconsciousness. Inner resistance is some form of negativity, complaining, fear, aggression, or anger. This is important because whenever you complain about what somebody else does you're already beginning to fall into that trap of unconsciousness.

**November 11, 2010**

Obstacles come all the time. If you get upset that means the ego is back. When obstacles come if you're not upset and you're still present, you will look at whatever the obstacle is with a penetrating gaze of presence, which is stillness also. You look at whatever obstacle arises, you bring this penetrating stillness to it, and that is like a light that shines on it and dissolves the obstacle or shows you a way around it. That's the power of consciousness.

**November 3, 2010**

Whether or not you are engaged in a lot of "doing" in your life, "being" is primary. If you lose touch with being, you lose yourself in your mind, you lose yourself in doing, and you won't do any good for anybody, really.

**November 3, 2010**

As you may have noticed there's nothing much to understand about being. "Can you explain 'being' a bit more please? Stillness? I don't understand, can you explain stillness?" No, because there's nothing in it to explain; you can't look at it in a microscope or dissect it. "Aspects of Stillness, PhD." No. Each human needs to find his or her timeless and formless essence identity.