

# PRESENT KNOWLEDGE

**Finding "Present Knowledge" helped me to live a much happier and serene life. I hope that my own understanding will help you as much as it did me.**

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As I approach the end of the proverbial "three score and ten" of my lifetime on this earth, I have finally come to understand the true meaning of the present moment and its significance to being serene and happy. Strangely enough, it is my living in Alaska for the past decade that has enabled me to acquire what I call, "Present Knowledge".

Alaska has greatly aided me in my ability to contemplate. Perhaps it is being surrounded with primeval wilderness and overpowering ancient grandeur that provides calmness and perspective. Maybe it's just another decade of hard knocks. Whatever the reason, I am grateful for the enlightenment that I have experienced living here in this wonderland called Alaska.

Before I came here I lived a life, as I suspect most people do, filled with stress, anxiety, worry, impatience, longing, regret, and all those other manifestations of past and future life. In other words I lived bouncing back and forth between the past and the future and almost never in the present moment.

Under the calming influence of Alaska, I contemplated long and hard about why I lived as I did. I have come to realize that it is the night and sleep that separates the past from the future for all of us humans. The world keeps spinning regardless of our presence. It exists in one long continuum of the present, but we cannot do that. We must sleep.

When we sleep, we are no longer conscious of our surroundings. We are mentally somewhere else. When we awaken we do so in a new day of our lives. Yesterday becomes the past. It makes no difference that yesterday is only "hours" away from our new day. We can never go back to it. We can never live in yesterday again. Therefore for all intents and purposes, yesterday is just as much "past" as last week, month, year or decade of our lives.

In our new day we find ourselves once again in the present, or at least we think we do. But, the present moment is fleeting and continually moving along. Morning turns quickly into afternoon which turns into evening. Wherever we mentally find ourselves during the day, that present moment changes rapidly and all of a sudden we realize that what was only an hour ago is now past. We instinctively look ahead to the future.

We not only think about what we are going to do for the rest of the day, we turn our thoughts to tomorrow, next week, next month, next year, and even further out. We plan and God laughs, as the saying goes. But we can no more live in the future than in the past.

Then we spend our present moments mentally bouncing between the past and the future. I did and

still do for the most part. I bet that you do too. When we think about the past and the future instead of enjoying the present as much as we can, manifestations of that thinking arise to trouble us. We are bedeviled with worry, anxiety, longing, regret, stress, and all those other unpleasant self-inflicted mental demons.

What to do? First, realize what the present moment actually is. Think about it. Better yet, contemplate it. Know that you can't completely ignore the past or the future. Nor can you live completely in the present. But, you can develop a discipline of gratitude for the blessings of the past, and you can restrict future plans as much as possible knowing that things rarely happen as you think they will.

My "present knowledge" has helped me live a much more content and serene life by just knowing what the present really is. I have been able to limit my constant reflection on the past or future and focus more on enjoying my present moment. I sincerely hope that the publication of this knol will help you find your - present knowledge!

## Comments

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