

THE ETERNAL PRESENT

Do you know that the consciousness only manifests itself in the eternal present? It exists inexorably and only in the present moment. You are master of time but only at this very moment! You alone, who is here to read me, know that the first essence, the Divine energy that is around you, in you, can realize everything now and at each moment that goes by. All is possible and you can realize all your desires, all your aspirations at every second that passes. What do we have to do for the miracle to happen? We simply must believe in it.

It is not only in the duration of time that the key to evolution is found but also in the intensity of the present moment. It is a great truth that the humans of the earth do not take enough into account nor do they think of giving it priority. The consciousness, the consciousness of existing is not essentially only in the eternal present. At each moment that passes, it is the spark that happens between our three basic bodies, that stimulates, maintains the consciousness and gives it a form of permanence.

All forms of life, to be alive and especially conscious of its existence, must possess a minimum of three levels of frequencies or if you prefer three bodies. It is essential because it is the interaction between them that provokes the spark of consciousness. Each body is in itself a vibratory frequency that generates a wave, a certain movement that spreads at first in the immediate environment and then in a space more vast. What I call the action. The meeting of two bodies, two frequencies, generates a shock, a certain upheaval that destabilizes their original organization and makes each one aware of each other's presence and then of itself in ricochet. What I call the reaction. The addition of a third body, of a third frequency complicates and multiplies the shocks between the first two elements therefore some intern interrelations thereby prolongs the consciousness in the time. What I call the observation. It is the fundamental principle so that there is consciousness and that it persists in time. For the humans of the earth, these three basic frequencies are the physical body for the actions, the emotional body for the reactions and the mental body for the observations. For other species including the minerals, the plants, the animals and the humanoids of the entire universe, the three basic bodies can be frequencies completely different or frequencies with only a few characteristics of their own.

The first consciousness in a living entity is therefore in oneself only a series of inner shocks between two different bodies that vibrate at different frequency rate. Despite the evident appearance of continuity, it is a fast succession of frictions in some sort of cyclical rhythm that gives the illusion of consistency; as in a car that rolls in a continuous way but starting from a spark plug that ignites a series of sparks which cause small explosions of gas in the engine, like in a movie that gives the illusion of movement but obtained by a sequence of still images that scroll quickly; like a regular circulation of blood in an organism but which is nonetheless provoked by the rhythmic

beat of a heart. Therefore the consciousness is only a succession of brief and ephemeral periods of awareness that occur and follow one another at a speed that give the impression of continuity in time and especially evolution. It is also mainly the mental body, the body of the observations among the earthlings that creates this illusion of durability, of permanence. This state is also expressed by the perception of a journey through space and time. Despite that all the animals of the earth also have a mental body which gives them the possibility to perceive time, it is the addition of the other two supplementary bodies in humans that refines their senses to the point of allowing them to capture a wide range of nuances related to time.

Time should only be of service to the present to help us perceive ourselves in our totality, as to say in our many ramifications that make up a larger self. The basic time, it is the space that separates our constant emanations from their returns to oneself and allow us to become aware by reflection. With a step back time allows to perceive the other (which is our inverted self) with a different look. But when we control more and more our emanations to the source and in their consequences, awareness is more and more immediate. In the superior worlds, as we control our emanations, the space diminishes between our desires and our concretizations. Since the actions have a result more and more instantaneous and flawless, time becomes just the perception of what separates beings from each other.

In this perspective of wanting to restore importance to the eternal present, do not fall into the trap of extreme concepts like 'TIME DOES NOT EXIST' created by those who want to question everything even what is fundamental in our reality. It is the third body, the mental body of the earthlings, which first creates and persists the perception of time. This perception is vital for the evolution of each individual because it makes you aware of the before and the after; in other words, some achievements and some potentials. It is the thread that connects us to the larger whole of our being and the immensely larger whole of the universe. In a basic physical body, the perception of time is what makes us become aware of what separates each one of our concrete gesture and at the same time what unites them in a coherent sequence. In the worlds where beings have a basic amorous body, the perception of time is what makes them become aware of what separates and unites beings at the same time. It is for sure that in the ascent towards worlds more and more refined in frequencies, the perception of time loses its importance to leave room for eternal contentment.

For you the earthlings, the physical body is your basic body therefore the most stable, the most adapted to sample all the riches of the material universe. It is by this very fact the one which is most intimately connected to the present time by its actions and its immediate sensations. Your emotional body, which is still unstable therefore in formation, is the seat of reactions to actions and sensations of the physical body which already tends to prolong perceptions and their consequences in time. But it is with the mental body still in perpetual redefinition that is created the first full perception of the duration in time. The addition of the sentimental body and the amorous body to the majority of the earthlings allows to go even further by giving also the possibility of

reactivating in the present some sensations, emotions or thoughts of the past or even creating some on the future.

Yesterday no longer exists but only if we illuminate it now with our consciousness and tomorrow does not exist yet but only if we illuminate it now with our desires. The subconscious, where our past events are stored, still influences us because these events have not been experienced at one hundred percent as they unfolded and we reinterpret them at any moment to evacuate the residual charges; like the superconscious where our future events are stored already influences us because these events are tinged with what we anticipate even before they happen and we try to control their content. It all happens as if we wanted to control time by looking for solutions in the past or resolutions in the future but all this is only created in the present moment.

Make a stop in time. Stop teleporting in a past past or a future future. You need to develop this positive trust that your past was necessary for your learning, your evolution; that your destiny will be to your measure, containing the life lessons essential to your realization. Return to your stable centre, your true self. You are entirely contained in this present moment and only this present moment is eternal. You are in eternal becoming and only the enjoyment of this endless moment can bring you happiness.

Happiness is a state of being beyond situations. It is the constancy beyond circumstances. A state of being can only be felt in the present. Are your gestures satisfactory in the present or are they mostly in reaction to a past situation or an anticipation of a future gratification? Do your words built the present or are they mostly turned towards the past or projected towards the future? Do your thoughts savour the present or are they mostly regrets from the past or worries facing the future? The past only serves to reflect on our experience to better appreciate the present. The future only serves to plan our becoming to better appreciate the present. And those reflections, all those expectations are happening in the present. You only have power on the now and it is so full of riches that it is only in it that you can find all satisfaction, gratitude and fulness.

Whatever reflections we may have on time, its duration, its reason of being, these introspections are undoubtedly still in the present moment. That one remembers fond memories of one's past or that one projects oneself into thoughts of future realizations, all this happens in the now. When we see this state of fact, we can only conclude that only the present moment offers all the possibilities to act and only through it can we change everything.

'It is now or never' is a sentence that seems simple but which contains a great shocking truth when we understand the whole meaning and especially the impact on our lives. We only have power over our reality and its unfolding in the spark of consciousness that is called the NOW. It is only in this moment that everything is possible. The second after it is too late. But this new moment that presents itself also

offers all the possibilities. We let so many precious moments pass where we had the power to do it everything. We waste so many present moments to regret bad choices or missed chances. We waste so many present moments imagining sterile tales or unreachable dreams. We are so loaded with experiences of the past and so impatient to acquire future talents that we forget the essential the HERE AND NOW. It is good and natural to dwell momentarily on the past if it is to bring out the blunders, the successes that will have an impact on how we act in the present. It is good and evident also to reflect momentarily on the future if it is to discover the limits and the possibilities that will guide us in our way of acting in the present. But NEVER our past or future will change for the better if today we do not start to change the source that created them at a some point.

In this new perceptive, only the present moment has a value of eternity. The path to evolution is naturally endless. Perfection as a goal only exists in the time of its contemplation and the opposite way brings us elsewhere. So you have all eternity to explore your universe. Nothing is urgent. Why do you not take time to savour each second of your life? Why would you not go deeply into each situation to find its share of revelation? In hyper-sensitizing each of your gestures, each of your words, each of your thoughts, you stimulate your awareness which goes further and further in the knowledge, the deepening of oneself and of the other. There are so many mechanical gestures, so many banal words and so many trivial thoughts that clutter your life. It leaves little space for your consciousness to influence wisdom, the one that would help you understand the mechanisms that govern all your behaviours and would allow you to change them as you wish.

Stop for one moment. Calm all this agitation that passes through you and scatters you in so many sterile directions. Return to your stable centre. Regain awareness of this present moment stripped of all futile distractions. You make yourself dizzy and forget too often your concrete presence in your solid body. Return to your self anchored in matter. Regain control of your gestures, your emotions, your thoughts and your most authentic feelings. What do you perceive immediately inside of you through your sensitive bodies and into their extensions in your environment? In this amplified reality, what do you perceive as the essential to preserve what makes you feel good or on the contrary, the superfluous to shed what makes you feel bad? What really matters; what is vital to your well-being and how to get rid of all the surplus that causes only discomfort and frustration? Everything must be constantly under the magnifying glass of the moment of truth.

What would you be ready to do now to be more in tune with your higher self, the ideal of yourself? What prevents you from acting at this very moment? It is good to set some objectives, goals to attain that make us grow but it is essential that they contain a share of pleasure, an immediate enjoyment. A series of challenges and even hardships are desirable only if they are a transitional stage to get us to surpass ourselves and discover larger territories. We can not ignore completely the past or the future because they influence us consciously or not in our daily lives, whether we want it or not. But to give back our importance to the present time, it is to affirm that it is in it

alone that we can act concretely and that we can transform everything at will according to our aspirations.

Sometimes we have to disregard all our judgments towards ourselves, towards others and all those made by others. We must also temporarily neutralize our baggage of preconceived ideas about our abilities and our disabilities resulting from a lifetime of multiple conditionings. For a moment we have to forget all the links with others, all the responsibilities, all the commitments towards anyone and ask ourselves the question: What can I do today as a gesture, as small as it is, that would make me happy in the immediate moment, that would give me a state of real well-being? What is my inner consciousness whispering in my ear so that I am at my best in all circumstances? The love of others, the gift of oneself can only be done in an optimum climate when this love and self-giving are first given to oneself. Only an inner balance, a joy of life, a realization that tends towards fullness can pour on the others an identical energy. If I imagine myself to be in what is the most positive, beneficial and praiseworthy, what can I transform into my reality so that it becomes more in keeping with this perception of myself.

Let us penetrate in intensity in our reality so that our environment reveals to us in sensation, in reaction and in observation all its secrets so that the external universe reflects really our internal universe. Let us take pleasure in tasting the eternal present through all its immediate riches; let us savour in depth what life is bringing us each second that comes and goes; let us become a curious spectator in examining, scrutinizing even our slightest gestures, our least emotions, our least thoughts as if we were again becoming a fully open child. Sometimes we must take a look at ourselves as if we had become a stranger to ourselves to see us objectively as we are. All our emanations are to be reviewed, rediscovered from a new angle, elevated.

There are rare qualities in all things which deserve to be brought to the light of the conscience to understand and assimilate their contents and their repercussions in our life. The future is being built right now in our daily life because it will be made from the return of all our current emanations. It is our present that makes consciously or unconsciously our reality of tomorrow. Everything is possible for all of us, whatever our current conditions, to have the future that we want. But it is only now that everyone can take the first step to create it.

The discovery of what is important for the fundamental happiness of self and one's evolution makes us abandon many manifestations, reasons to be that became futile with time. We are looking for the essential behind the false complexity of life. We think that we understand ourselves better by looking backwards or forwards starting from where we are. This is partly true but yet, only an elevation of the point of view make us really see the totality. We never look up enough at ourselves and we do not laugh enough about ourselves. To play a role, even dramatic, does not prevent us from being at the same time, convincing for oneself and for others and at the same time detached from the reactions that this role provokes. We should all seek for the balance

between surrendering completely in the game of incarnation and contemplating ourselves in our performance. To be both an actor and a spectator.

The expansion of the universe is the first essence that seeks to reach the end of its potential for discoveries and achievements to its own limits. It is the way which gives the masculine meaning to all things. The contraction of the universe is the first essence that comes back to itself to understand and savour in depth its achievements to the source. It is the way that gives the feminine meaning to all things. When we understand this, then our life becomes a simple source of experimentation, of stimulation of consciousness therefore of evolution, so at the end, simply bring our humble baggage of riches to the universe.

When we begin to understand the importance of the present moment and its role in the transformation of our reality, our past and future are forever changed. Yes the past can be transformed because it only persists in the eternal present through our conscious willingness or not to prolong it in us. When we understand that time is not only linear; that our past near or far does not follow a simple straight line; that our past lives are not as parallel but expansive in all directions; we then understand that we can transform everything. My past is in me and can be represented by a smaller being; my present, it is a being having my current size; my future is around me and appears as a bigger being. My perception of my self true present goes between the larger exterior, the future self and the smaller interior, the past self. This coming and going if voluntarily amplified, can put us in touch with our future to be able to update and transform it in the present. The same goes for the past which can be brought back to the conscious to be transfigured. At any moment one can reshape one's past and future as one pleases. When the universal energy returns to itself, does it not transform itself in depth to its source?

All the past experiences that are no longer useful to us can be neutralized and cease to exist in our reality. I would rather say, can become an integral part of us no longer having their force of imbalance or stagnation but only an acquisition relayed in the unconscious. This acquisition can have its role and be updated whenever the present consciousness needs it. The consciousness moreover, only manifests itself in the present time. It only knows the now. The consciousness manifest itself in a series of present moments which anticipated in the future, form the superconscious and as soon as they are past, form the subconscious.

We must take the time to slow down our present to better see each of our gestures, each of our emotions, each of our thoughts separate from each other and see that under the appearance of continuity hides a rhythmic cycle where the three phases action, reaction, observation follow each other at a pace sometimes vertiginous. As in the breathing where we inhale, exhale and stop, the consciousness comes on, ignites and then dies out in a rapid succession that gives the illusion of life.

In the eternal present, fear no longer exists nor the apprehensions because at any moment we can take a new direction or even change everything radically. At each

second that passes, we are at a crossroad where thousands paths are open to us. At every moment, some lives can decide to continue the same journey or to stop definitively and take a new path. To become master of one's present time, it is to become master of one's life, of the passage of time and even of one's own death. When we live deeply in the present time, there is no more worry on an other situations that are not in our immediate reality. Even death will be apprehended only when it is there and will only be another experience to live in the present.

The entire universe is recreated at every moment sustained by the consciousness of the whole and immense being who builds it. This universal consciousness is in oneself the unification of the sum of all individual consciousnesses that inhabit it.

Another one of those concepts created by those who would make us plunge into the absurdity of all things is 'EVERYTHING IS ONLY AN ILLUSION'. This seemingly innocuous sentence however, inevitably makes unreal everything that is important to us in this world. It is true that our reality is created above all by us but it is always in collaboration with the first essence that can take all the possible forms that we instil in it. We must not forget also that we live in an immense living and conscious organism called the universe and it is the main creator that orchestrates everything. The universe-god is realized in its inner world through us and everything that lives in it but at the same time it imposes its personality on its entirety. We are therefore in a co-creation where the exchange between our dreams, our aspirations and those of the universe agrees to achieve a certain permanence called reality. A fragile equilibrium settles down but so that it does not sink into stagnation therefore the unconsciousness, it is constantly stimulated therefore renewed.

To say that everything is only an illusion is to play with an extreme concept that has no reason to be in our reality. The permanence of things is due to the concepts developed by a group of individuals who conceives it as such. Each individual contributes to creating a common universe to all or to a particular group. Every living and conscious being can change this universe to his own convenience with certainly limited means for some, his little drop of consciousness in the huge ocean. But through his sustained efforts, he can modify some aspects that can influence, at first, a restricted space around him and then with a greater force of intention, have an impact on a larger scale.

The universe is not an illusion. It is a creation realized by all living beings in agreement with the first energy. This creation gives the consciousness of existing. The individual universe created par each is then confronted with the other individual universes and this gives the common universe to all. Only the contact between the individual universe and the universe common to all is a source of stimulation therefore evolution. This creates what I call the personal universe which, without it, the evolutionary consciousness would not exist.

All that we live is recorded in all the fibres of the matter including the emotional universe, the mental universe and many more. This persistence of the memory is in a state of dormancy or I would say rather inactive but it can be awakened or I would say rather reactivated a any moment. It is as if the entire universe, including all its past and future memory therefore its entirety, can be brought to the consciousness in the present according to the desires of each and everyone. Is everything already realized? No because in fact everything exists in potential and realization but it is the focus, the attention paid to a part of the whole, that illuminates and animates it. To believe that everything is traced in advance and that our destiny is already written gives a sterile vision of the universe. What we believe already realized in the future is only the sign that all possibilities are there in the immense potential of the universe. It is what we give it that gives it its reason for being. We illuminate from our consciousness only one small part of the whole at once and this tiny part comes to life.

It is by opening more and more our field of perception, that is to say by developing senses with more and more broad and refined captures, that we always animate a vaster universe. Only a few great beings highly open in radiance can apprehend the all-divine but it is thanks to them and their vast interior universe that large parts of the whole exist and function. The collaboration between these greatly realized beings allows the universe to be coherent and allows to those, who like us have only humble creative capacities, to capture its greatness and immensity. Therefore the universe exists as such because highly realized beings conceive it this way in their eternal present.

Everything is real because beings of all levels of evolution in permanence of their consciousness breath life in all things. Everything falls in oblivion when we no longer look at them but since we are very numerous (all forms of life combined) with a varied and personal palette of senses placed on things, a kind of permanence of our environment is created. This comforts us all in an impression of stability and continuity. Every living entity, as insignificant in appearance as it is, contributes to the embodiment of a part of the reality and it is in harmony with all other living creatures therefore conscious that our world complex and filled with marvels elaborates. Every living and conscious being plays an important role for the universe to be in a constantly renewed equilibrium.

Time does not flow like a stream of water in a river. But it is a pulsation, a continuous rhythm that seems to lengthen or shorten depending on the attention and the importance we give it. In the celestial worlds, we can feel the spaces separating each of these pulsations and what seems to be a void is in fact the inertia of the whole universe hidden therein, an infinite immobility. This could be the rest so desired by some but this sleep is nothing but a lack of consciousness thus deprived of any inner vision.

Apart from the actual moment of consciousness, all the rest is only unconsciousness.

Whatever the situations, the contexts in which we come, at any moment we can transform the situation and even change the entire context. It is only at each moment that we can make new choices and take action. It is only right now that we can act on our reality. Our aspirations, our desires of progress come to life in our thoughts at this very moment. We can at any time project ourselves into the future and imagine a better outcome but it is this concrete gesture made at this precise moment, no matter how small, that brings us towards our achievements. We can sit down and reflect on the path to follow to attain our objectives but only a first step taken immediately makes us move towards our goals. We become aware every second that passes. The one before and the one after are only unconsciousness. Then why fear the future or regret the past if everything happens and asserts itself only in the present?

It is only in the eternal present that one can know enlightenment and be transfigured forever.

The primordial energy is eternal but the forms that it borrows are ephemeral and can disintegrate at any moment if they are no longer revitalized by the energy that molds them. The vital energy seeks to unite us into a coherent whole but our restricted envelopes seek to separate us in a chaotic multitude. We are swaying continuously between these two contradictory poles as we swing relentlessly between the past and the future. The more you learn to open yourself to the present, the more you bring down those perpetual games that hide the true penetrating light of the consciousness.

It is in the acute perception of all our manifestations that we discover the true source that leads us to the essential, the eternal present.

Vision of Naja