# Living in the Present Moment (Part II)

Posted on



Lovely place, we are in the present moment.

According to philosophy and science described in the last article in Explore Sri Lanka, February 2025, we discussed the ‘moment’ and how to live in the present moment.

Furthermore, we introduce some presentations to sit with the mind, to live in the present time. As the moment creates our life moment to moment, our existence depends on the moment. This concept proves to us the past or future is not our life. Motivational adviser Denzel Washington says “Stop regretting the past, what’s done is done. You can’t change what’s already happened. But you can use the lessons to move forward. Stop worrying about the future. Free yourself from worrying about the unknown future. Trust your ability to handle whatever comes your way.” A meaningful lesson to live in this instant. But an old idiom says that it is easier said than done. This is also one of the main problems; many individuals have faced in this world.

Scholars assert that all humans embody two fundamental lifestyles: the mental life and the experience of the present moment. Both of these dimensions are in a state of constant change. Essentially, everything in this world, including ourselves, exists only momentarily— emerging, persisting, and then fading away, only to arise anew. This cyclical nature of existence is grounded in scientific understanding. For this reason, psychotherapists emphasize the importance of living in the present moment as a means to combat stress, anxiety, and depression. They advocate for fully engaging in activities like studying, writing, walking, eating, bathing, sitting, and conversing— encouraging individuals to focus intently on these actions or their objects. Yet, maintaining unwavering attention to a single action or object proves to be a challenge that we all face.

To maintain focus on a single action or object, it is essential to cultivate freedom within the mind. On what we celebrate as Freedom Day in Sri Lanka, it’s clear that many of our minds are far from this state. A counselor aptly states, “Freedom is ‘Being Present.’ We exist on two planes: we navigate the world through our thoughts while simultaneously experiencing the richness of the present moment. True freedom emerges when our experience of the present takes precedence. It comes from mastering the balance between our thoughts and the now.” I firmly believe that freedom is rooted in the clarity of our inner thoughts.

Meanwhile, “Verywell Mind,” a well-respected mental development organization, presents some effective strategies for living in the present moment under the title “How to Live in the Moment.” One of the key points in their list, “Ways to be more present in your everyday life,” is to “notice your surroundings.” They emphasize, “To truly engage with the present moment, take a moment to observe your surroundings. How often do you pause during your day to genuinely look around

and appreciate what's happening? When was the last time you sat down, took a deep breath, and fully absorbed everything around you?" Following this method will significantly enhance your awareness and connection to the here and now.

> To be more present, let go of any expectations and accept things as they are. Embrace reality rather than fixating on how you wish things to be. Acceptance frees you from the burden of control, allowing you to focus on what truly matters.

Notice your surroundings.
1 Close your eyes, take a deep breath and then open them to fully absorb your environment.
2 Observe the colors and textures of the walls.
3 What patterns do you see on the floor or ceiling? Count the windows to your left and right—how many are there? 4 Count the lights within your view— how many can you spot?

Focus on one thing at a time.

Embrace the power of single-tasking. Multitasking may seem efficient, but it distracts you from living in the present moment. Concentrating on one task enhances your awareness and appreciation of your experiences.

Be grateful for what you have now. Cultivate gratitude by listing at least three things you appreciate in your life right now. Review this list daily to keep your mindset focused on the positive aspects of your life.

Show acceptance. To be more present, let go of any expectations and accept things as they are. Embrace reality rather than fixating on how you wish things to be. Acceptance frees you from the burden of control, allowing you to focus on what truly matters.

Practice mindfulness meditation. Know that mindfulness meditation is a powerful tool for fostering presence.

Take a break from social media and technology. It's essential to disconnect from

digital distractions in today's world. Stepping back from social media helps you engage more fully with your surroundings and the people around you. During moments with others, prioritize real connections over phone notifications.

Takeaways: To truly live in the moment, take the time to appreciate where you are, what you're doing, who's with you, and who you are. Embrace the present with confidence!

"It's evident that the true challenges facing our nations run much deeper than issues like fuel shortages or inflation. In a nation historically proud of hard work, strong families, and close-knit communities, too many of us have shifted towards a culture of self-indulgence and consumption.

We've mistakenly tied our human identity to material possessions. However, we've come to realize that accumulating goods and consuming more does not satisfy our deeper yearnings. This craving cannot be quenched by material wealth alone. We must acknowledge that the emptiness in our lives—rooted in a lack of confidence and purpose—cannot be filled through consumption. This message may not be one of comfort or cheer, but it is a profound truth and a clarion call to reflect on what truly matters."

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