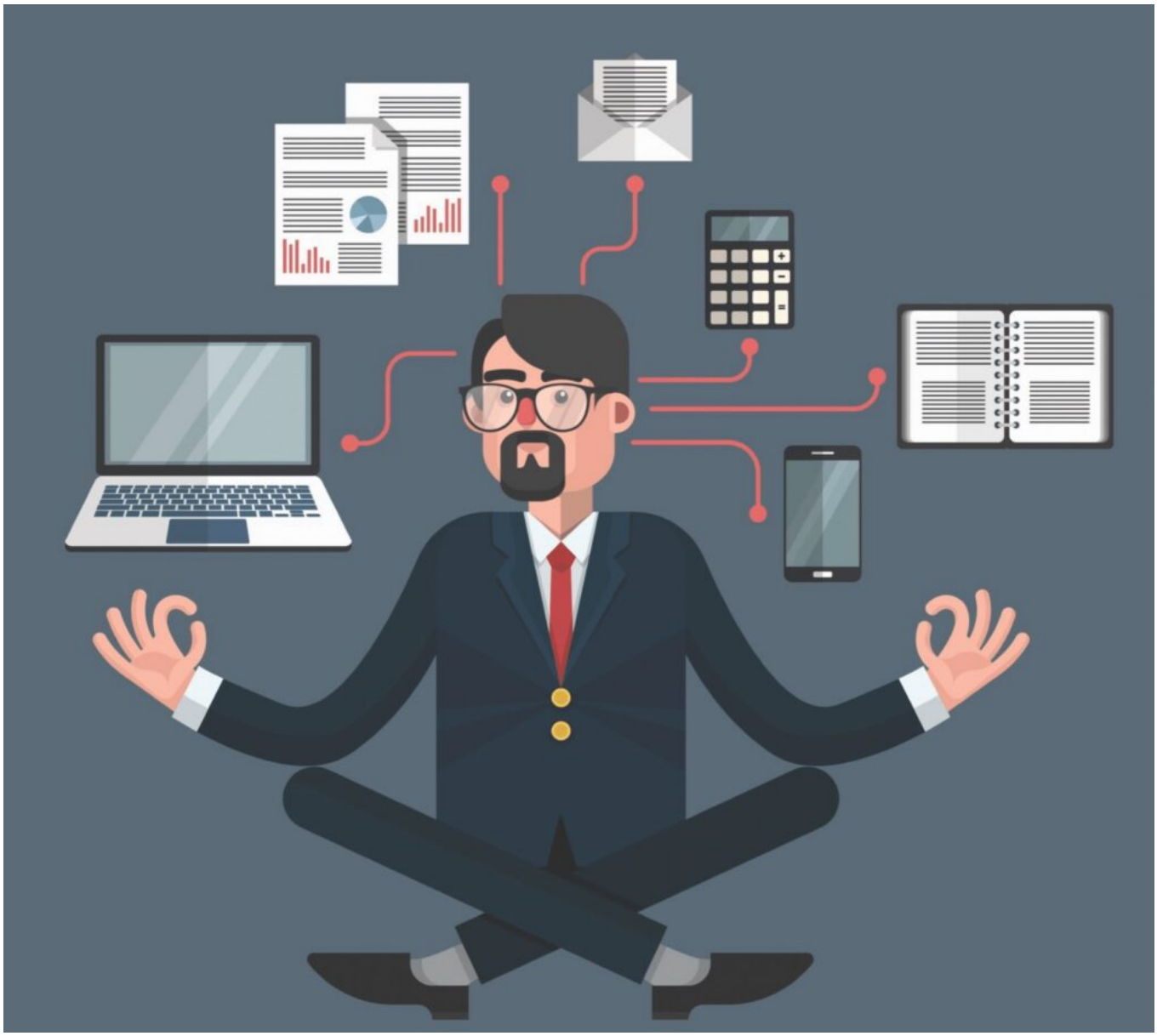
Living in the Present Moment

Posted on



All beings, including humans, live in the present moment, yet many remain unaware of this fundamental truth. This lack of awareness often stems from an inability or a

disinterest in understanding it. Studying the concept of the ‘moment’ is a captivating pursuit, one that scientists and philosophers alike have explored extensively. The idea of a moment is intricately tied to the concept of time, and conversely, philosophical discussions suggest that time is defined by moments. Therefore, it’s essential to first clarify what we mean by the present time.

According to my philosophy, time is a concept invented by ancient societies. It cannot be touched or sensed; yet, it plays a crucial role in our daily lives. We often say that the sun rises at a specific time, yet this too is a human construct. Upon deep reflection, we recognize that the sun doesn’t actually rise—the Earth and other planets orbit around it. Consequently, many things we accept as true may not be as real as they seem.

Philosophy distinguishes two types of truth: ultimate truth and conventional truth. Our discussion on the present moment embodies both of these truths. Moreover, the term “nano” extends into various fields, highlighting its significance in language and technology—consider terms like nano acre, nano balance, or nano calorimeter. Through these advancements, we gain a deeper appreciation for the ‘moment.’

We are delving into an essential topic centered around two undeniable truths, which define the present moment.

Typically, we measure moments in minutes—our smallest standard for time. Consequently, we often say, “Oh, wait a minute, please.” This minute is further divided into sixty parts, known as seconds. In recent developments, scientists have taken this a step further by breaking the second into smaller increments called nanoseconds.

So, how short is a nanosecond? According to Wikipedia, “A nanosecond (ns) is a unit of time in the International System of Units (SI) equal to one billionth of a second, or 1/1,000,000,000 of a second, or 10^{-9} seconds.” To put this into perspective, Wikipedia explains, “A nanosecond is to one second, as one second is to approximately 31.69 years.” Furthermore, a nanosecond equals 100 picoseconds or 1/1000 of a microsecond.

> The dynamic nature of the ‘moment’ is immensely relevant to our lives. The Buddha imparted many Sutras, such as the Satipatthana Sutra, to guide us in cultivating a calm and mindful mind.



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Scientists have identified 21 common measurements expressed in nanoseconds, including:

- *0.001 nanoseconds – One picosecond.*
- *0.96 nanoseconds – The interpacket gap in 100 Gigabit Ethernet.*
- *1000 nanoseconds – One microsecond.*

Meanwhile Wiktionary offers a range of terms utilizing the nano prefix, including nano acre, nanoactuator, nano aerobe, nano aerobic, nano aerophilic, nano bacterial, nano balance, nano ball, nano crystallographic, and nano calorimeter. With the help of the nano-technique, we realized the ‘moment’ according to the new technology. Besides that, we can see many synonyms for the word ‘moment’ in many English dictionaries as: instant, split second, twinkle, jiffy, bit, wink, eyeblink, snatch, trice, flash, here and now, while, spell, little while, short time, split second, tick, occasion, point, stage, juncture, breathing, crack, stretches, present time, now, the time being, for a spell, for a while, not for long, highlighting the richness of our language when it comes to capturing the essence of time.

Secondly, we can realize the moment according to Eastern Philosophy as well. It is

called ‘kshana’ (kɜənə) in Sanskrit. (means a moment).

Teachings in Buddhism emphasize that “everything in this world exists only for a moment or a blink of an eye due to the constant flux of change. When I snap my fingers, or blink my eye, trillions of times arise and pass away” (S.N. Goenka ji). Furthermore, he explains it as a bubble chamber. (A bubble chamber is a vessel filled with a superheated transparent liquid (most often liquid hydrogen) used to detect electrically charged particles moving – Google). This profound understanding was echoed by The Lord Buddha, who, without scientific instruments, discovered these truths while sitting under a tree.

The dynamic nature of the ‘moment’ is immensely relevant to our lives. The Buddha imparted many Sutras, such as the Satipatthana Sutra, to guide us in cultivating a calm and mindful mind. While we will explore this Sutra in depth next month, it is essential to highlight Dr. Jon Kabat-Zinn’s interpretation of mindfulness: “Mindfulness means paying attention, in a particular way; on purpose, in the present moment, and non-judgmentally.” His insights from 1990 offer clarity on maintaining our focus, whether during meditation or in daily life.

A London-based social service organization, PEAK DYNAMICS, emphasizes living in the present moment. In their article, “How to Live in the Moment,” they provide practical guidance to enhance our mindfulness. They encourage us to take a moment now: close your eyes, take a deep breath, and then absorb your surroundings.

Questions like,

- *How do the walls look?*
- *What patterns do you see in the floor or ceiling?*
- *How many windows are to your left and right?*
- *How many lights can you count from your position?*

By observing our environment, we can anchor ourselves in the present. To combat mind wandering, they advise focusing on one thing at a time. While multitasking may seem productive, juggling multiple tasks hinders our ability to be present. They counsel us to dedicate our full attention to each task, resisting distractions that pull us away from what’s in front of us.

In conclusion, the strategies discussed are not just beneficial but essential to navigating modern life effectively. Embracing these practices will significantly enhance our ability to live fully in the moment.

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