

The Zone

Last week we look at what changes and reflected on the question: What does not change?

Changes happens all time. Seeds grown into plants. Babies grow into young men and women.

It is easy to live our lives continually looking for the next thing. Here is a short story by Robert J. Hastings which describes this:

Tucked away in our subconscious minds is an idyllic vision. We see ourselves on a long, long trip that almost spans the continent. We're traveling by passenger train, and out the windows we drink in the passing scene of cars on nearby highways, of children waving at a crossing, of cattle grazing on a distant hillside, of smoke pouring from a power plant, of row upon row of corn and wheat, of flatlands and valleys, of mountains and rolling hills, of biting winter and blazing summer and cavorting spring and docile fall.

But uppermost in our minds is the final destination. On a certain day at a certain hour we will pull into the station. There will be bands playing, and flags waving. And once we get there so many wonderful dreams will come true. So many wishes will be fulfilled and so many pieces of our lives finally will be neatly fitted together like a completed jigsaw puzzle. How restlessly we pace the aisles, damning the minutes for loitering ... waiting, waiting, waiting, for the station.

However, sooner or later we must realize there is no one station, no one place to arrive at once and for all. The true joy of life is the trip. The station is only a dream. It constantly outdistances us.

"When we reach the station, that will be it!" we cry. Translated it means, "When I'm 18, that will be it! When I buy a new 450 SL Mercedes Benz, that will be it! When I put the last kid through college, that will be it! When I have paid off the mortgage, that will be it! When I win a promotion, that will be it! When I reach the age of retirement, that will be it! I shall live happily ever after!"

Unfortunately, once we get it, then it disappears. The station somehow hides itself at the end of an endless track.

"Relish the moment" is a good motto, especially when coupled with Psalm 118:24: "This is the day which the Lord hath made; we will rejoice and be glad in it." It isn't the burdens of today that drive men mad. Rather, it is regret over yesterday or fear of tomorrow. Regret and fear are twin thieves who would rob us of today.

So, stop pacing the aisles and counting the miles. Instead, climb more mountains, eat more ice cream, go barefoot oftener, swim more rivers, watch more sunsets, laugh more and cry less. Life must be lived as we go along. The station will come soon enough.

— Found as published in *Dear Abby*, The Station, By Robert J. Hastings.

Time can be represented as a horizontal line moving from Past to Future, which constantly bring changes. However, the interesting thing is that at each point on the line, or in the time, we can draw a vertical line, which represents the present. We can then see the movement of time as series of moments, which all have in common the Present moment.

It is that Present moment we can delight, as the light of the present moment is present. As an India spiritual teacher put it:

“There is nothing to worry about or fear in the present. Past and future are very dark, and that is where the fears are.

It is much better for us to avail ourselves of the brilliance, and the light and knowledge which are of the present.

Whenever we wake up and find ourselves travelling towards the darkness of the past or future, please come into the light of the day – the light of the present.”

Shri Shantananda Saraswati

So the challenge for this week is to ask yourself the question: How do we get in the Zone?

How can we embrace the Now, fully?