

# If You Can't Be With The One You Love...

"Do not dwell in the past, do not dream of the future,  
concentrate the mind on the present moment."– (Buddha)

**W**ow, *being present*, my mind was flooded with visuals, a gamut of emotions, mind-boggling intellectual snippets, not to mention leaving *the present* countless times and going to yesteryear and futurewhere. So where does that leave me now? Trying to get a grip on this article without sending Bill (The Journey's layout man) into a grammatical frenzy trying to put the pieces of my article into some semblance of form instead of a newspaperman's worst nightmare, a 750-word article turned into a wordy 1500-plus with no direction. Well, just because I have Aries rising and tend to jump all over the place like a game of leap frog doesn't mean I can't stay *in the present* long enough to focus on the theme, does it?

Scores of things came up for me with this issue's theme...the first of which is doing dishes. Yes, you see my dear readers, for me doing dishes is very much a *Zen* thing. I like the therapeutic effect it has on my being, while I'm focused for the moment trying to get burnt oatmeal out of the bottom of a pan. Because while cooking the oatmeal, my *being present* eluded me while taking a two minute shower thinking there was no way the oatmeal could cook that fast. Some of my peak inspirations come to me while I'm doing dishes. It's such a mundane task that most of us do it without thinking, ah, that's the ticket, *without thinking*, which hence allows the right brain to do some of its highest work. Same kind of creative genius happens to me while I'm in the shower. Now, taking a shower isn't rocket science, so what happens? For me, the little Picassos come out of hiding and deliver a similar caliber of inspiring ideas...like the ones I receive while doing the dishes. But then, that

leaves me pondering this next thought...if these are some of the times we're experiencing moments of *Zen* and *being present*, did we leave the focused moment to come up with these creative revelations?

In the Louise Hay work that I do, I continually emphasize one of Louise's main philosophies, which is "the point of power is always in the present moment." New thought authors were by no means the first to explore this phenomenon. Various early sages spoke of this thing we call *being present*; "Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."– (Buddha)

Being present offers a myriad on interpretations depending on which side of the esoteric spiritual merry-go-round you are on. There's an exercise we do in my Louise Hay groups where I go around and ask everyone, "What is the one thing you've always wanted to do, but haven't for one reason or another?" Then the fun begins, I have everyone tell me what that elusive thing is; then I have them try and give me a reason *why* they haven't done it. Well, they tell me one reason after another, and I ask them *why not* for each and every single reason they come up with. The bottom line is when you get down to the bare essentials there is NO reason why. You see, we spend half our time or most of our time, depending on how obsessive-compulsive we are, worrying about things that usually never come to pass. So, in essence; we spend all of our time in the *future* and not in the *present*.

The same thing goes for the past. Now listen closely, because I'd be willing to bet you'll find yourself somewhere in this paragraph. I know I've taken the what *if* stroll down memory lane more times than not. So, when we're not growing new gray hairs worrying about what will never be, we're spending the other half of our time fretting over what could have been, mutually a colossal waste of time! Time is such a fleeting thing these days, don't you find it's moving faster and faster as the months and weeks go by? It reminds me of watching a movie when they move forward in the plot and the calendar pages start flipping furiously. So ask yourself, do you spend time playing the blame *game* and staying stuck in the past, still focused on Aunt Millie's remarks at Thanksgiving dinner back in 1999? Or are you in the land of *what if* causing one anxiety attack after another over what will never come to pass? Now, it's time to come



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out from behind door #1 (your scary future) and shut door #2 (your past) and live in the present moment of NOW. Do me a favor, take out pen and paper and write out your most cherished desire. Now list everything that's stopping you from accomplishing this, and for each and every single reason ask yourself, "What's the worst that could happen?" Now, answer yourself on paper, write it out and keep going down the list until you realize there is absolutely nothing stopping you except fear, which is living in the past or worrying about the future.

Let me sum it up for you like this, remember way back when you were about sixteen and out on a date, and you really didn't care for the guy or gal you were with, and you spent the whole time fantasizing about Mr. or Ms. Wonderful? Wouldn't it have been better for the two of you if you stayed in the *present moment* and followed the words of this song, "If you can't be with the one you love, love the one you're with"?—(Stephen Stills)

Time is moving fast my friend, don't waste precious moments; revel in the gift of the present.

*Eustarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her upcoming Louise Hay groups, Treasure Mapping workshops, Angel Card Readings at Goddess Blessed; Seek the Unique and Karma Kard readings at Journeys! Contact her at [eustarr@yahoo.com](mailto:eustarr@yahoo.com) to be added to her mailing list, check out her website [reachforthemoon.net](http://reachforthemoon.net) for latest class listings.*

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