

# Instinct Yoga



## Only the Present Exists

### *Mountain Dwelling*

*Things of the past are already long gone  
And things to be, distant beyond imagining.  
The Tao is just this moment, these words:  
plum blossoms fallen, gardenia just opening.*

*Ch'ing Kung  
(d 1352)*

Our conscious mind is a wonderful tool with an ability to shape the way that we live our lives. However, all too often our mind “has a mind of its own” – taking us in directions that we do not wish to go and which are not helpful to our wellbeing.

We spend much time looking back at what has happened – that may be with happiness or maybe with sorrow – we can spend endless hours analysing things that have gone on in our lives.

We spend much time looking forward – maybe with anticipation but too often worrying about what might be around the corner.

We spend so little time in the here and now – and it is in the here and now that we live our lives, not in the past, not in the future. In your Yoga practice focus on the here and now – making the most of every moment – savouring each unique moment in time with all of your senses. Only the present exists – the past is past, the future is yet to be.

- Yes we need to learn from the past
- Yes we need to plan for the future
- But we must get the balance right
- We can only live in the present.

In meditation, to be mindful of the present, of the moment, we can use the breath as a tool. Focus quietly on the breath entering the body and the breath leaving the body – nothing more. Thoughts will come into the mind – acknowledge those thoughts and let them go – don't try to force them away, just focus again on the breath and return to the present.

In your Yoga practice, focus on the movement of the body and the way that the body feels in whatever posture you hold. Move slowly and in a controlled way, making your movements consciously. Concentrate on the posture and how the body feels in the posture how the body feels as you move, how the mind feels about the posture and the movement.

Being able to control the mind in this way takes practice, but the benefits are so very worthwhile. The practice of mindfulness puts us back in control, rather than the mind ever drifting on the wind. It gives us the ability to control our thoughts rather than our thoughts controlling us. Mindfulness gives us the ability to still the mind and bring a sense of real peace and calmness.

### ***The Sutra of Mindfulness***

*“When walking, the practitioner must be conscious that he is walking. When sitting, the practitioner must be conscious he is sitting, When lying the practitioner must be conscious that he is lying ..... No matter what position one's body is in, the practitioner must be conscious of that position. Practicing thus, the practitioner lives in direct and constant mindfulness of the body”*

*Doc The – Vietnamese Zen Master*

Peter Hunter  
November 2008  
[www.instinctyoga.com](http://www.instinctyoga.com)