

An interesting thought from Eckhart Tolle, "Oneness With All Life",
Selections from "A New Earth". I feel Simone Weil says something similar in her poem
"Daydreaming". Both authors inviting us to remain in the sacredness and reality of the
now.

To end the misery that has afflicted the human condition for thousands of years, you have to start with yourself and take responsibility for your inner state at any given moment. That means now. Ask yourself, "Is there negativity in me at this moment?" Then, become alert, attentive to your thoughts as well as your emotions. Watch out for the low-level unhappiness in whatever form, such as discontent, nervousness, being "fed up," and so on. Watch out for thoughts that appear to justify or explain this unhappiness but in reality cause it. The moment you become aware of a negative state within yourself, it does not mean you have failed. It means that you have succeeded. Until that awareness happens, there is identification with inner states, and such identification is ego.

Daydreaming

*I believe that the root of evil,
in everybody perhaps,
but certainly in those whom
affliction has touched,
is daydreaming.
It is the sole consolation,
the unique resource of the afflicted;
the one solace that helps them bear
the fearful burden of time;
and a very innocent one,
besides being indispensable.
So how could it be possible to renounce it?
It has only one disadvantage,
which is that it is unreal.
To renounce it for the love of truth
is really to abandon all one's possessions
in a mad excess of love and to follow Him
who is the personification of Truth.
And it is really to bear the cross;
because time is the cross.
In all its forms without exception,
daydreaming is falsehood.
It excludes love. Love is real.*

— Simone Weil