

THE WORLD PLATFORM



SOULFUL
HORIZONS,
The Collection

Soulful Horizons, The Collection

The Power of the Present Moment

Our Mind is the Forerunner of all Things

Our Mind is our basic capacity to know and be aware. It includes the mental qualities and patterns we cultivate. Some contribute to happiness and wellbeing, while others lead more readily to unhappiness and suffering.

If we want to understand our Mind, we can begin by observing it. We soon notice how often it wanders into judgments, memories or imagined futures, usually without our conscious intention. Because the Mind influences how we perceive reality and how we feel, it matters where we place our attention.

This does not mean that thinking is undesirable. The Mind is an invaluable instrument for reflection, analysis, imagination and planning. Difficulty arises when thought becomes an unconscious undercurrent that continually carries our attention away and we mistake everything it tells us for reality.

How Do We Become Aware?

When we become aware of a thought, that awareness creates a moment of transition. We are no longer completely lost in the mental current. We can begin to recognize recurring patterns

and decide which ones we still wish to cultivate.

Awareness therefore changes our relationship with thought. Instead of automatically believing, 'I cannot cope with this.' we can recognize, 'I am having the thought that I cannot cope.' The situation has not necessarily changed, but a small space has opened between the thought and our response. With practice, recognizing these patterns becomes easier.

The same applies to emotions. We often say, "I am angry." or "I am frustrated.", as though the feeling defines who we are. Saying "Anger is present." does not deny or suppress the emotion. It allows us to feel it without turning a temporary state into our entire identity. That space brings greater freedom to choose what happens next.

The Living Reality Beneath Our Ideas

We live in a world of concepts. They help us interpret and organize experience, but they are not the living reality itself. The word 'tree' is not the tree before us; our judgment of a conversation is not the conversation itself. Present-moment awareness helps us recognize concepts as interpretations rather than reality itself, bringing us closer to direct experience through our five senses, our body and our conscious attention. This creates greater inner freedom.

Everything in life changes, yet we often remain attached to how people, circumstances or even we ourselves used to be. We may also want pleasant experiences to remain unchanged.

When we cling to what cannot stay the same, we prolong our suffering. Loosening that grip does not mean that something was unimportant. It means allowing life to continue moving - and ourselves with it - so that greater ease and happiness can emerge.

Practical Time and Mind-Created Time

The past and future have an important place in everyday life. We learn from experience, make appointments, prepare for difficulties and work towards meaningful goals. This is **practical time**: using memory and anticipation in service of what we are doing now.

Mind-created time is different. It arises when we repeatedly relive what has already happened or postpone peace and fulfilment until an imagined future arrives. Regret, resentment and guilt can keep the past psychologically active. Worry can make a possible future feel as though it is already happening, causing the body to respond to a danger that is not present at that moment.

We do not have to abandon the past or future. We only need to notice when they are no longer useful and are pulling us away from the present. Every lesson from the past is applied now, just as every step towards a future goal is taken now.

Acceptance Creates Room for Action

Some moments are painful, unfair or deeply unwanted. Being

present does not mean pretending otherwise. It means acknowledging that this is what is happening before deciding how to respond. Fighting internally against something that has already occurred cannot undo it and may add another layer of suffering to the original difficulty.

Acceptance is not resignation, approval or passivity. We can accept the reality of a situation and still speak out, establish a boundary, seek help, leave or work to change it. Once less energy is spent resisting the fact that the moment exists, we may see more clearly what can be done.

It can help to distinguish our **life** from our **life situation**. Our life situation may contain uncertainty, loss, conflict or many responsibilities. In the immediate present, however, there is usually one situation to address, one action to take or one experience that needs to be felt. What seemed like an overwhelming personal burden becomes something more workable.

Returning to the Present

Presence is a skill that becomes stronger through practice. We do not have to create a special state or make the mind completely silent. We simply bring attention back to what is here whenever we notice that it has wandered.

- 👁️ **Use the senses:** Notice colors, sounds, textures, scents or physical contact with the ground. Sensory information brings attention back to what is actually occurring.

- 🌀 **Follow the breath:** Feel one complete inhalation and exhalation without trying to change them. The breath offers a simple connection between mind and body.
- 🌀 **Feel the body:** Notice tension, warmth, pressure or movement from within. This can reveal an emotion before it becomes a reaction.
- 🌀 **Give one activity your full attention:** Walking, washing dishes or making tea can become an exercise in presence when it is not treated merely as a means to reach the next moment.
- 🌀 **Ask what is needed now:** When the mind presents many possible problems, identify the one step that can genuinely be taken in the present.

Presence in Relationships

Presence also changes how we meet other people. We often listen while preparing our answer, interpreting words through earlier experiences or defending ourselves against what we expect to hear. **When part of our attention remains with our own body and reactions, we are less likely to respond automatically.**

This does not mean becoming detached or suppressing disagreement. It allows us to hear more accurately, recognize what is happening within us and respond to the person before us rather than to an old story. Such attention creates the conditions for clearer communication, empathy and genuine connection.

Key Takeaway

Our experience is shaped by where we place our attention. The present moment is not an escape from the past or a refusal to prepare for the future. It is where awareness, choice and action become possible. By noticing thoughts instead of automatically believing them, accepting that everything changes and loosening our grip on what we cling to, we create more space, freedom and awareness in our lives.



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This material is based on publicly available research and presented in an original framework developed by **The World Platform**.