

Living the Present Moment

By A. Ramana

AHAM, the *Association of Happiness for All Mankind*, is really a conscious process. It is not just what our name states or indicates; it is in truth what we are. Our name *is* our purpose!

However, most people seeing our name for the first time don't understand our purpose. For, the majority of people incorrectly believe that happiness is obtained or experienced only by having one's desires fulfilled, or by getting one's own way in life; that is, in this world of time and space.

In this notion are two major misconceptions: First, that happiness is the result of having one's desires fulfilled, or getting one's own way in life; and the other, that the world of time and space is itself the receptacle of happiness, being where happiness is found, that it can give you happiness. These two are both definitions of "pleasure," not happiness.

In AHAM, our main work is to first clear this misconception; but, the most important aspect is to give one a taste of real and true Happiness, which is realized as being the very quality of the true Self that we all are, and are simply overlooking. Happiness is NOT found or located in the world of time and space, but rather is in the timeless Awareness or pure Being – the One Infinite, Eternal Reality – or Living in the Very Presence of this present moment, prior to time and space.

Association with the Present Moment is the location of Happiness. This means consciously living *in, as, and from* this present moment, and doing so entirely... with each breath you take.

The purpose of AHAM is to really "get" the true Purpose of Life itself, which is getting that we are NOT who and what we think we are; that is, we are in truth Divine Being living momentarily in these body-minds, or as human beings in this world of time and space, each playing out our respective, apparent individual "character roles," according to our previous conditioning, or since we first "fell into the soup," or the effect of the magnetic pull of this earth and its apparent world.

And, we are NOT in truth living out our highest purpose, nor are we able to do so, as long as we are stuck in the misconception of time and space as being actual realities in themselves. These, and the apparent world in which they are the seeming principle and processes, are in fact merely concepts. Only the present moment is the Truth. When Jesus said, "You will know the truth, and it will make you free," he was meaning "this present moment" is the One Reality. For only when living *in, as, and from* this present moment, the One Presence, will we realize the true Essence of Being Itself, and of our true Being, which is the infinite and eternal Self we all are.

This means having the realization that we are in truth pure Existence itself, and are in fact pure Consciousness, not this body-mind, which is merely its reflection. This realization is Awakening to our true nature as Pure Happiness. In this recognition, that we in fact *are* Happiness, we are able to bring it *to* the world, not try to obtain it *from* the world. This is truly living the present moment.

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