

## FACT: CONSCIOUSNESS IS WHAT THE PRESENT IS

THE OPENING STATEMENT OF THIS BOOK IS, “Right *now* you are conscious.”

Did you ever ask yourself what makes now be now?

Why is it always, always, changelessly *now* to you?

Regardless of whether the body appears to be getting out of bed in the morning, going home at night, or sitting reading a book, it is unavoidably *now*. The fact that it is always now never can be changed. It is impossible to make it be *not-now*.

No person, no body, is responsible for now always being *now*. This is how Life *is*. It takes no effort, not even the slightest, for now to be—just as it takes no effort for Consciousness to be. Try to separate the Consciousness I Am presently being from this *now*. It can't be done.

When agreeing it is always now, have you any idea of the *magnitude* of what that means?



Consciousness—this very One, aware here, now—sometimes is called *the Eternal Now*, or *the Present* because the Consciousness I Am never is other than *present*. As pure Consciousness, I cannot be taken *out* of Now and become something that *was* or *will be*. I Am. I cannot go back into a past or ahead to a future.

Try to change Consciousness from being present *Now*, and back It up to five days ago. Consciousness cannot vacate Now to be aware even five minutes ago.

On the same basis, is the Consciousness I Am ever actually aware five minutes *from* Now, in a future—in that which is not even present?

Consciousness is aware only Now, in the Present.

Consciousness is aware as *the Present*.

Consciousness, being all-inclusive of all there is, *literally is the Present Itself*.

The Present never is any *time*.

The Present is pure Consciousness, changelessly *being*.



Consciousness *never* vacates Now, the Present.

Suppose you tried to say Consciousness was conscious in the past—say five minutes ago. It really wasn't. Why? Look closely at the real nature of what you are calling "five minutes ago." Consciousness isn't back there—It's present here, now. It is *thinking* that has gone back to five minutes ago—for all there would be to that "five minutes ago" is some kind of *mental image* being projected in thought. And it is always *now* when one projects or thinks it.

Suppose you tried to say Consciousness, Awareness, can be aware in a future, and that you will be aware "then." Are you sure? Is It Awareness that's ahead in a future, or is Awareness always here, now—and *thinking* is projecting thoughts of a future? All there ever would be to any "future" is the mere projected *thought* of a future. And again, it is always *now* when it's being projected. The "future" never is an actual state; it's always just a bunch of projected mental images, nothing more than a lot of speculative imagining, being imagined *now*. Awareness can't leave Now, the Present.

This unchanging Present-ness or Presence of Pure Awareness is like the clear glass camera lens mentioned earlier, which does not think or project in terms of past or future, but stays in the present tense. If the clear glass could talk, all it could say is, "I am present. I am."

Likewise, as pure Present Awareness, You never vacate Now to think back or forward in time. Thinking *seems* to do it, but that's not You, *pure Awareness, changelessly being*. If You could vacate Now, You would leave *Being*, Existence Itself, and there would be no Being, no Existence, no Now. That's impossible.

This Changeless Now that I Am is Myself being permanent Omni-Present-ness. This Now that I Am, is not the "human now," not an endless sequence of fleeting "present moments" extending in time.

There is no sequence of Nows ongoing in time.

There is only *one* Now, which is the *One* I Am.

Now never is what I Am conscious of.

Now is the Consciousness I Am.

*Only thinking*, which flits constantly between past and future would seem laborious, complex. The fact that the Consciousness I Am is changelessly present *Now*, is so magnificently *simple* It is beyond description.

Which am I—thinking, which always would be moving in time, and *never is*; or Consciousness which *is*? I must be Consciousness, for I could not be conscious as that which never is. There is no choice about this. It is irrevocable Truth. It is *presently* functioning.

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Why is Consciousness the Present?

If there were no Consciousness, it would be impossible to say there even *is* a Present. Take away Consciousness and it could not be said there is any Present, any existing at all. Equally, if there were no Present, nothing would be present, not even Consciousness.

Consciousness and the Present are not two separate entities functioning simultaneously. They are but two different words for the One Unchanging Conscious Presence which is all there is of All There Is.

It cannot be overemphasized that the Present being spoken of is not just “the” Present or “a” Present. It is the *conscious* Present. The Present is *this alive conscious Presence here and now alive to being all the Presence existent*. This Conscious Presence never is something You can be conscious of, as if It were something separate, because You are Consciousness Itself. In the same way, You never can be conscious of the Present. You *are* the Present. To read as if this refers merely to “a” Present, as something apart from *this Presently Alive Consciousness*, will make this book seem like just so many dry, boring words. *Be alive as the Present*. It’s the only place Your Life *is*.

The Present is not something separate that You experience.

The Present *is* You—All-Present Consciousness.

*All that is present, is You.*

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When was the last time you noticed the Present was *not* present? Of course it sounds ridiculous because it simply doesn’t occur.

Where the Present is all-present (and It is absolutely all the Presence there is), there simply cannot be an absence of the Present.

That period when the Present is *not* present is what time would pretend to be. But that never happens.

The Present *always* is present.

The Present would have to be made to go away, *or be uprooted from being everywhere present, all Presence*, to have time in any way. That is just plain impossible. In other words, the Omnipresent Present would have to be shoved aside, so time, what-never-is-present, could be present. It's crazy.

*Only* the Present is present, and endlessly so. That means complete, total "coverage" as *All*. This never changes.

It's worth repeating why time never is present.

Look once more at the second hand on a wristwatch or clock. See if there is any point in its continuous sweep that ever stops moving, passing on, not-being, to actually *be present*. Just as you're about to pin time down and say, "Aha, here time *is*," it's gone. It's not present.

Time pretends to be a past, that-which-is-not-anymore, or a future, that-which-is-not-yet. Time literally would be *that which is not*. Time *never is present*.

*Only* the Present, permanently present Awareness, is present.

There simply is no point at which the Present comes to an end, and where what-isn't-present, or time, begins. What isn't present *can't* begin anywhere, because it isn't present!

Again, *only* the Present is present.

The Present Awareness I Am can't exist in time. The Present I Am is not surrounded by, or between, past and future. As the Present is *absolutely all that can be present*, It leaves only Itself, and no past or future anywhere to be between!

Present Awareness stands *alone*.

The answer to the question, "What is the Present to Its own Presence?" also is the answer to, "What is All? Who am I?"



*Only* the Present is present.

*Only* the Present *is real*, for only the Present *really is*.

Then only the Present can be *Reality*, for the Present is all that is present *to be Reality*.

Simply nothing else is present to be Reality.

One thus can see why this book does not constantly quote other sources, use references, and is not written in a “scholarly” style. It is not due to being intellectually irresponsible—but because all such material would be information gathered-in-time; such writing is intended only for human thinking which functions wholly in never-present time, and is not the Pure Conscious Present I Am. All would-be activity of human thinking or the intellect *never really is*, thus *never is real*, or Reality. An intellect is not the proper “equipment” for discerning Reality, the un-intellectual pure Conscious Presence I Am.



The Present has to be Life Itself.

*The Present is all that ever is present to be Life, to be alive.*

If Life isn't *present*, where is It as It is being alive?

Life's Present Aliveness, the One I Am here and now alive to being as *Consciousness*, simply cannot be taken out of the Present and actually be alive, vital, in a past or future. A past or future isn't *alive*.

*Life's Aliveness is found only in, or as, the Present.* Life cannot be un-present, so none of Life is in time.

The word *life-time* is an oxymoron.

Life Itself does not extend in time. *Life is*. The entirety of *Life is now changelessly being*—as the All-Present Consciousness I Am. Because the Life I Am is not a stream of time events, not a continuity, there is no more of Life to come later. All of Life is present *now* as the Ever-Present Conscious Aliveness I Am. *All the Life there is for Eternity* already is present now.

Life *Itself* has nothing to do with passing time, change, growth or development. These appear to be effects, not Life Itself. They all appear to occur in time, what-never-has-presence. How could that which *never has presence* be Life?

*To “taste” Life's unlimited Vitality, true Health, start or identify as the clean, clear purity of the Alive Present alone.* Start with how boundlessly available Life's Ever-Present Aliveness is.

Be the fresh, new *Feeling* that Aliveness is, as It is just now *presently* being.

There isn't this One Present Aliveness I Am and another I. My Consciousness' endlessly present Vitality is the only I there is. I have no sludge of not-Present Life; no human thought in terms of past or future, and the emotional weight that would seem to go with it.

Who would ever try to hold back the Present, or keep It from being completely present? Wouldn't it be the most impossible thing to try? Yet that is exactly what one is attempting when clinging to mental worries about past or future. It is the pure vitality of One's *Presently Alive Being* that such worrying would try to work against and put aside. It is doomed to futility because all that truly can be present, *forever*, is the Aliveness I Presently Am, this changeless, immovable All-Inclusive Presence.

It is impossible to be more alive in a future. Why? Because a future never is *present* to be alive in. Only the Present is present, which is the entirety of Life, and changelessly so.

This also is why it is impossible to evolve to or *become* Consciousness, the One I Am, in a future. The One I Am is present *Now*, never in a future. *This Present Consciousness is the Whole of I Am*. There never will be more of what I Am beyond *this Present Consciousness*.

No amount of would-be human thinking ever can be I Am because thinking can't *be*. Thinking always moves and attempts to progress in time, all the while overlooking the I Am that *presently is*. The only way to "drop" such nonsensical delay is to identify directly as pure Present Consciousness.



The question never is, "How does one *be* pure Consciousness, the Present?" The question is, "How could One *not* be It?" Being the Present is absolutely unavoidable, inescapable.

Does it take effort before Consciousness is presently conscious?

Does any mental work have to be done to make *Now be*? The Present doesn't take years of study to attain—*It can't be escaped!*

Who is there that must try to become more aware of the Present—when there is no such separate one—but only the Present Self I Am? The beauty of My Omni-Present Awareness is that I cannot withhold any of Myself; nor do I have to make additional contact with Myself.

I simply "behold" how undeviatingly *present* My Alive Presence *is*. No attention is given to shifting thoughts, emotions, or sensations of a body; no attention to past or future, all of which would be not-the-Present. I do not resist these, try to stop, or do battle with them, for I Am

“totally absorbed” in the *immediacy* and *simplicity* with which My Aware Presence is present—and that always, I Am *present only*.

It is impossible for Now to *not* be, and Now is the exact same “Stuff” as the All-Inclusive Alive Presence I Am.

The irresistibility of Now is My Life Story. It is simple, right to the point, and never can pass away.



What if one were to mistakenly identify with what the five senses seem to sense, instead of as Pure Consciousness, as the Present Itself?

Absolutely *everything* a sensing human “mind” would claim to know about itself and its world seems to depend on the passing of time. It experiences every one of its sensations, every thought and emotion, in the passing of never-present time. It wakes up in time; it eats, works, plays, sleeps and dies in time. Never-present time is the very fabric of the mortal or human sensing “mind’s” experience.

Not a bit of mortal experience, not a single atomic particle, ever stops moving, vibrating, and passing on in time. Its only status is that of *not being present*. It is always *being-not*, and never can be *What Is*.

The entire human body and all its activity, down to the tiniest part of a single cell, right down to its so-called DNA, would be in constant movement, even during sleep. The body always would be vibrating in passing time, *time that never is being*. Even DNA has been measured by scientists as vibrating—atomic particles moving back and forth with a certain frequent-ness or frequency in passing time, *is-not-ness*.

The human body literally *is* movement. Nothing about a human body *is being*.

The term “human *being*” is another perfect oxymoron.

For this to be clear, it’s useful to repeat an example from Chapter One concerning the five senses and the sensing of this book. Now, the sensing of the book is changed to the sensing of the so-called body:

“Don’t tell me the things I sense aren’t being or aren’t real. I can sense my body right now. I see it now, and I even could reach out and touch it now—so don’t tell me the body, and all those sensations aren’t genuinely *present*.”

Look again. Each moment some thing is sensed, even the body itself, there seems to be a visual sight or image of it, a tactile feeling, and perhaps other sensations. Those particular sensations are constantly

changing and *passing on*, never to return again. It seems each sensation is instantly replaced by another new visual or tactile sensation, and another, and another, non-stop. Like the moving frames of film in a movie, the specific image and tactile feeling of the body from a few seconds ago are gone—already having been replaced by the fleeting image and touch of the body that is experienced at *this* moment in passing time, and on and on. In essence, all sensing of “body” would be a state of *vibration*, always moving on in time. All of it always is fleeting, passing away, and *not being present*—or being “not.” The entirety of all sensory experience, including the very sensing of the “body” itself, would be just so much *non-presence*.

Nothing about the human or mortal is permanently *being*. This isn’t saying there’s something wrong with body; don’t condemn or deny it; it simply isn’t being.

You can’t say *I* or say *You be*—and also say *You are* a mortal body. It’s a contradiction in terms. And *You must be*, or *You wouldn’t exist* to know about this discussion. You are not a human being. You are *Being*, *being*. The body-form may appear to be human, but that’s not *You*.

It is thanks to being *Ever-Present Consciousness*, *pure Being*, that *You* are not moving in step with this never-present time activity, and can see it for what it is, or rather, *isn’t*.

In response, the would-be sensing “mind” may then try to say, “Yes, I understand that intellectually, but my body certainly is still being, is still present right here, solid as ever; so is this book, the room, and everything else.” But is it really?

As said before, what *appears* outwardly to the senses as a solid, stationary body and matter, in its essence would be cells, which are said to consist of molecules, which in turn are said to consist of atomic particles, energy or vibration. At this level, this “stuff” is in a *non-stop* state of motion and reaction in never-present time. This movement appears to occur on a scale so small and fast that, relative to the ability of the senses to perceive this activity, it *seems* present, solid and stationary *to the senses*. It’s because the sense organs of sight and touch themselves would be made of the exact same vibrating “stuff”—moving right in step with it.

It’s the way the earth at the moment seems very still and stationary as your body now appears to be sitting and holding this book. To the body’s senses, it doesn’t seem as if the earth were hurtling through space, orbiting the sun at an incredible rate of speed—but it is. The

body, too, is actually moving with equal speed, because the body is on that fast-moving earth! Since the body and earth appear to be moving at the exact same speed, from the body's point of view it seems as if neither were moving—but they are.

The point is, the Unmoving Present, Pure Conscious *Being*, is not a moving, mortal body-form. You are not something caused by movement of atoms, not produced or developed in time. How could All-Present Being have been produced by that which never has had being?



"If the Present is timeless and never changes, how could It be *alive* and conscious? It sounds pretty dead to me," the thought may come.

Only to human thinking based on the senses would it seem unusual that the Present is timeless, yet *alive*. Such thinking attempts to impose *its* unreal standards, which function in time's non-presence, upon *Conscious Presence, Life Itself*. Such thinking ignores what truly is, thus it is ignorant. It would say Life, too, should move and change in passing time, what-isn't-present, in order to be alive.

Put the shoe on the other foot. The question isn't: "How could Consciousness, the Changeless Present, be alive?" The question is: "How could *that which never is present* be alive?" It isn't. Nothing about constantly passing, never-present time experience contains Life. Only *Now*, as timeless Being, is Life actually being alive. Just because something moves doesn't mean it is Life Itself. Brown leaves move along the ground. Clouds move. Cars move. Are they Life?

To be alive yet changeless is completely "normal" to Ever-Present Consciousness. It can't age or decay in time, for It never is other than *present*. Its Present-ness never is depleted or exhausted because where only the Present is present, no time passes in which anything *could* be exhausted. All that seems to change or decay is what *appears*, not Ever-Present Life Itself.

One who identifies as pure Conscious Being only, *is being the only Substance present*. It leaves no mistaken identification with what appears; no assumption that time or age *is*.

The fact that the only One *being* is pure Consciousness, which never is other than *All-Present*, means nowhere is there oldness or decay. And who is conscious besides Conscious Being Itself to act otherwise? The entirety of Your Existence has no choice but to be vitally, unagingly *present only*. There is no such thing as "old" Substance.

If it is exciting to read what is stated here, that's because It is *Your Present Self* beholding that which is of sole value—Itself! You are enjoying that which is most valuable in Existence—your own Presence!

If one takes this a bit further, the next question is, “As *only* Consciousness, only the Present is, and It is absolutely *all* Presence, and never changes from being all-present, then where does time come from? How could time even *seem* to begin? *Did* it really begin?”

If one mistakenly starts with never-present time, one somehow has to try to explain or account for it.

When one starts with the Present, all that is present, is the Present.

And one *has to* start with the Present and not time because *only* the Present is present to start with. What's more, that very Conscious Present *Itself* is the only One present to do all “starting.”

That very Present must be You, for nothing else is present to be You.

To identify as the Present, have only the Present, and *be* that Present *Itself*, as Pure Conscious Being, is to “taste” One's own Eternity.

The next few chapters completely expose the false nature of *would-be* time and finite experience. They show in yet another way, why *the Present is all that is present*.

