

# Being Present

Being present is not just a function of time, as in being present in the moment. Being present is also a function of actuality (that which is present in that moment). Dogen Zengi said, "... each moment covers the entire universe".

Life is existence realizing existence. Being present is the realization that you are existence. Being present means stepping out of cognitive absorption to directly realize and actualize reality. While cognition is a part of reality, it is only a small part of total reality. It is a picture of a tree, not the actual tree. Stepping out of cognition does not mean stop thinking. Stepping out of cognition means not being so absorbed or attentionally confined within thinking. Actuality is more than thinking even though thinking is completely actuality.

Being present is just sitting, just walking, just eating, just breathing and just thinking. Just sitting is not separate from the seat. Just walking is not separate from the ground. Just breathing is not separate from the air. Just thinking is not separate from the object of thought and the brain that is thinking.

Being present is the actualization of total function.