

Are You Here Now?

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=X5WYRL3D5-0](https://www.youtube.com/watch?v=X5WYRL3D5-0)
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SUMMARY

Many people chase an elusive idea of happiness, believing that achieving certain goals or making changes in their lives will lead them to it. This mindset often results in a continuous cycle of dissatisfaction and longing, distracting from the importance of living fully in the present moment. True fulfillment comes from embracing the now rather than fixating on a perfect future.

- *The pursuit of happiness is often misguided, as it is seen as a destination rather than a state of being.*
- *Many individuals feel trapped in a cycle of striving for external changes to find happiness.*
- *This mindset can be viewed as a trauma response, stemming from an inability to be present.*
- *Emphasizing the importance of living in the present moment can lead to genuine fulfillment.*
- *The concept of "wherever you go, there you are" highlights the need for self-acceptance and presence.*
- *Happiness and abundance are found in embracing the current moment, rather than waiting for future conditions to change.*

so many of us live our lives as if there's this perfect destination called Happiness this this great goal and if only we did a few different things we would get there maybe we need to move to Hawaii or learn to skydive or climb a mountain or move a country or find the perfect love or lose some weight or get better children something will get us there there's something missing and we keep trying we keep looking we keep

hoping we keep waiting this is really in my opinion an insane way of living but we're all on this hamster wheel and we don't know how to get off this roller coaster as if we all need to be on it it's like the silent packed that we've made to each other that we'll just keep egging each other on and so we just all keep participating in this madness there is no perfect destination out there there's nothing

you can do to get there because it doesn't exist this is really a trauma response because it's an inability to be here right now wherever you are there you blossom wherever you go there you are being rooted planted blossoming exactly where you are in the isness of the now not in the whing of the future because that is a mystery it's the unknown and it may never arrive enter

the present moment live here fully and that is the key to abundance is