

<a title="Cherish the moments"

href="http://www.flickr.com/photos/10488545@N05/1333718569/">A moment. Here, now. And before you know it, the moment is gone. Only to be followed by another moment, and another, much like a string of pearls.<p>Being ♦in the moment♦ is the essence of being present in your world. Or so the <a class="zem_slink" title="Zen"

href="http://en.wikipedia.org/wiki/Zen" rel="wikipedia">Zen masters might tell us. For many, this is an outrageously difficult task. It is elegant in it♦s simplicity, yet challenging in it♦s deeper meaning.</p> <p>We♦re caught up in the passage of time. Life. Experience. <a

class="zem_slink" title="Spirituality" href="http://en.wikipedia.org/wiki/Spirituality"

rel="wikipedia">Spirituality. A series of moments, all demanding a description, an expression of the experience. And for many, the more pearls on that necklace, the better.</p>

<p>What amazes me is how we can struggle to simply be in the moment, but we♦re bound and determined in the meantime to capture the moment and document it in any way possible. It doesn♦t matter if you are an artist, or a scientist. It♦s not a left brain or right brain

task. </p> <p>Is it possible to focus so hard on capturing the moment that it becomes impossible to simply experience it? And once you♦ve captured that moment, what do you do with it?</p> <p>Art and science both aim to capture moments in time. For example, a

photographer composes an image in the viewfinder that reflects the underlying emotion, meaning, or essence of the moment at hand. A musician seeks to capture the essence of a moment, a feeling, by stringing notes together harmonically. Physicists perform research studies to better understand what takes place in the physical world at a given moment in time.

</p> <p>There are so many ways to commit an experience to paper, or sound, or a mathematical equation. We categorize things, reduce and codify them, in order to allow us to make sense of our world. It♦s another example of micromanagement.</p> <p>But what about

the big picture? Expression can at times defy categorization. Ask any music aficionado. Where do you find that record in the catalog? Is it <a class="zem_slink" title="Blues"

href="http://en.wikipedia.org/wiki/Blues" rel="wikipedia">blues? Is it rock? Or is it, first and foremost, just a means of musical expression, of representing a moment in space and time with a series of notes harmonically spaced?</p> <p>In the midst of all of the capturing and

categorizing and codifying, we can lose sight of the big picture - that it is the moment, the experience, the essence ♦ that is truly important. And then, perhaps more important is the long-lost art of reflecting on the moment, and learning from it.</p> <p>You can leave a legacy

of moments, captured and documented, beautifully detailed, but if nothing has been learned ♦ then I wonder what the true value really is.</p> <p>Capturing the moment ♦ and it♦s deepest and truest essence - is dependent upon truly, fully, completely, living and experiencing it first.

</p> <p>Photo credit: <a title="title" The="The"

href="http://www.flickr.com/photos/10488545@N05/1333718569/">Batega</p> <div class="zemanta-related"> <h6 class="zemanta-related-title">Related articles by Zemanta</h6>

<ul class="zemanta-article-ul"> <li class="zemanta-article-ul-li">Move over, Deepak, there's a new woo-meister at HuffPo (scienceblogs.com)

<li class="zemanta-article-ul-li">I See You (earthharmonyhome.com) </div> <div class="zemanta-pixie"></div>