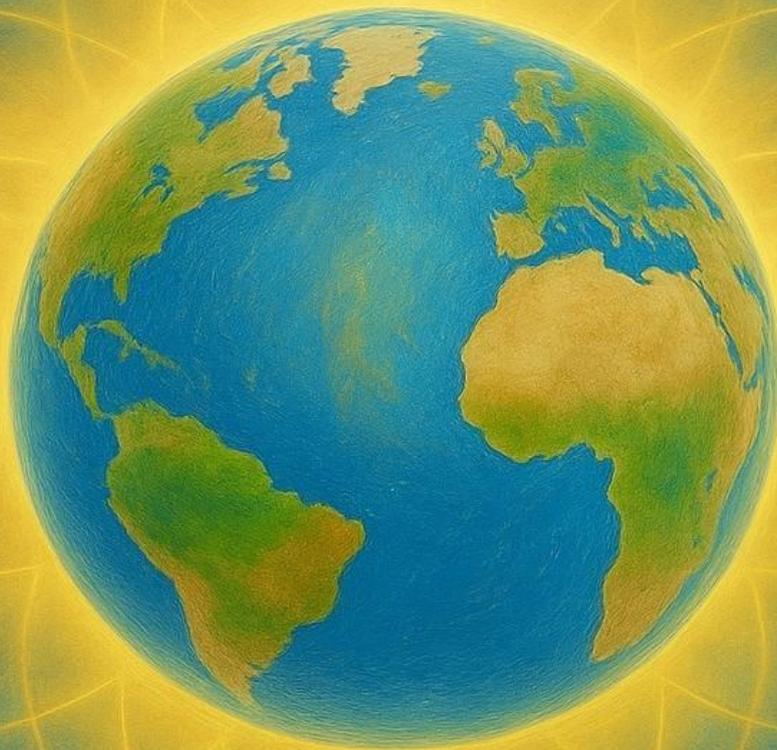


THE WORLD PLATFORM



SOULFUL
HORIZONS,
The Collection

Soulful Horizons, The Collection

The Power of the Present Moment

Our Mind is the Forerunner of all Things

Our Mind is the basic capacity to know and be aware. It represents the mental factors and qualities we cultivate. Some of those are wholesome and lead to happiness and some are not so wholesome and lead to unhappiness.

If we want to understand our Mind, we just have to sit down and observe it. As we will see, it often wanders (in judgments, memories) and that is usually an unconscious process. As the Mind actually shapes our reality and conditions how we feel, it is important where we put our attention. Therefore we want to train our Mind to bring this unconscious process to the surface.

How do we do that?

We have an unconscious undercurrent of thoughts all day long. When we get lost in it, we are conditioning and reconditioning our Mind to stay in this current, but we don't actually want that. We want to become aware of those thoughts. When we do so, that awareness becomes a moment of transition. We begin to discern specific patterns and that is exactly where the opportunity arises to change the patterns which we no longer wish to cultivate. When we notice negative ones, do not feed them, but cultivate positive ones instead. This leads to increased happiness. As we do that, we start realizing

that the Mind can be trained and it gets easier over time.

What is behind all this?

We live in a world of concepts (ideas), but these are not the living reality. Living in the present moment makes us live in the reality beneath the ideas through our five senses and our mental faculties. In fact there is nothing else than that reality. Ideas are simply a creation of our Mind.

It is a universal truth that everything changes, but we have not learned to integrate that in our lives. We often get attached to things in life as they were (and we often wish they would stay), but the reality is they are ever changing. Holding onto them causes us to suffer and over time we are in fact holding onto that suffering because of our attachment to these things. There is, however, a path forward: the less we are clinging to them, the happier we are.

We have the idea that everything is happening to a separate I/Me, but that is just an idea. We identify with that I/Me and therefore we often say "I'm angry/frustrated, etc." Instead of considering the idea of 'anger' or 'frustration' itself. Such qualities are simply manifesting their nature and the I/Me is an extra. Living in the present moment teaches us to not identify with these qualities. Moreover, when we distance us from them, it brings freedom.

Key Takeaway

Our experience is shaped by where we place our attention. By noticing thoughts instead of automatically believing them, accepting that everything changes and loosening our grip on what we cling to, we create space and freedom and with that, less suffering and more awareness.

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This material is based on publicly available research and presented in an original framework developed by **The World Platform**.