At a rough estimate, I would think that perhaps 99 out of a 100 people would benefit b being more present in their lives. This estimate would var   as some would benefit more than others, but I think it s generall   a good idea to be more present in our lives. I certainl encourage m   clients to do so and also people in m   social circles.

However, as is the case with man   things we often take a good thing and attempt to turn into a panacea.   In spiritual circles, the idea of being more in the present is frequentl   touted as the end of suffering. It s a rather na ve and erroneous assumption which often sa s more about the persons gullibilit   that an thing else. This was highlighted again in m mind when I was reading a book on a person who suffers from short term memor   loss.

There are cases throughout histor   where individuals have lost short term memor capacit . The book describes such a case where the individual in question cannot remember what occurred a few seconds previousl . He has no problem recalling events in long term memor , e.g., memories from a ear ago. As best as scientist s can tell in cases like this, the abilit   to reason, intellect etc. remain intact.

The effect of his condition is that he functionall   is in a state of living in the present moment on a continual basis. If we were to believe the common meme around present moment awareness, he should be living in a state of bliss. Similar cases should also be in a perpetual state of bliss. As ou ma   have guessed, this is not the case. The person in question has great difficult   in life and experiences suffering.   This is understandable given the severit of the condition.

Fortunatel , most of us do not suffer from this condition and as stated earlier can benefit from being more present in life. That the practice of being more present will solve all of life s problems is highl   questionable.

Buddha said it best when he advocated for the middle wa . A good rule to follow is to achieve a balance in life. I sometimes recommend to people to list the benefits of being more present in life. I also get them to make a list of the benefits when we are not present. For example, a fantas   about the future ma   lead to a plan which sets life in a different and more beneficial direction. Sifting through our past and seeing how the past influences us also can have man   benefits and allow us to learn from our mistakes. What usuall   gets people into trouble is if the   become too extreme and that s what people should be war   of.