



Living in the Present

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One day, you shall turn around and realise that everything you have ever been searching for has been right there with you all along. It is the present moment, and you are perfect.

Being a 20-year-old girl, I dreamed of going to a new country, seeking experiences, and studying independently. When I reached 30 years old, the dream came true. Six months ago, my family and I moved to Australia as an international student. Living in this new place would bring me happiness since I finally reached my dream.

The first six months were full of challenges. Life was not easy in a foreign country at the age of 30 years. Australia was beautiful, but so was my home country. The food was delicious here, but I used to miss the mouthwatering taste back home. Above all, I missed my family, friends, and trips we used to take. As everything around me started to settle with time, the heart was restless. I often thought, "Why don't I feel as happy as I thought? What can I do to feel better and overcome my homesickness?"

Then, one day in September, when I visited the field of golden canola flowers with my husband and daughter, I stood in front of the scene and shouted into the sky: "I am happy!" At that moment, something inside of me clicked. Suddenly, I felt that this place standing before my eyes, Australia, was a dream I had longed for many years ago. This is the present, exactly the dream I once pursued. For that reason, one day, this present would become my past. Instead of constantly pursuing things that have passed, I pay more attention to the beautiful things in the new place, in every moment of daily life.

I felt immense gratitude. Happiness does not reside in the future or hover in the past. It is right here, right now, in the path you are walking, the food you are eating, and the people that surround you. Embracing the present moment is the key to happiness.

Since then, I have neither been worried about the future nor regretted the past. I started to live fully in the present, breathe slowly, feel the wind brush against my skin, and realise that magic in these everyday moments.

Here, now, in the present, is happiness!

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Present
moment

