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in Eastern

philosophy (he
was almost a Zen
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ordained

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priest). As such
it represents

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age. After
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for a time, and
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significance at
all unless you
are in full
contact with the
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present, since
it is in the
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in the present
that you live.

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that, even if

one were to live

for endless

ages, to live

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would be to miss

the point

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for interpreting
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Buddhism,

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us how—in an age
of unprecedented
anxiety—we must
embrace the
present and live
fully in the now
in order to live

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a fulfilling

life. Spending
all our time

trying to

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in life is to
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conventions, and
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into the trap of
anticipating the
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past and in the
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