

Stage 3: The Present Moment

Sometimes in order to open your eyes, you need to close them.

Week 1: The power of the present moment

Realise deeply that the present moment is all you have.
Make NOW the primary focus of your life.
Eckhart Tolle

When was the last time you remember being fully in the here and now? What did it feel like? Perhaps you've had a few glimpses of it over the past number of months as you've been practicing mindfulness.

So why exactly is living in the moment so important?

Well put simply: When you're in the present, you are participating in your life.

Mindfulness wakes us up to the fact that our lives unfold only in moments. If we are not fully present for many of those moments, we may not only miss what is most valuable in our lives but also fail to realise the richness and depth of our possibilities for growth and transformation

But why should we practice living in the moment?

Emotions like stress, anxiety and worry are all future based emotions. They are based on "what if" scenarios as our mind races through different possible outcomes none of which we can predict.

For example, fear is based on something that might happen in the future. Thoughts that start with "I might....." such as, "I might make a mess of that meeting tomorrow..." "Jane might let me down..." or "it might rain tomorrow" all of which are beyond our control and yet we worry.

So if you want to have a life with less stress, worry, panic and anxiety you practice living in the here are now.

When you're fully present these emotions cannot take hold of you. Try it, become aware of the present moment and then try and feel anxious or fearful or unhappy or any other negative emotion. You will find that it's impossible without drawing your attention away from the moment.

For example, have you ever had an experience when you were fully immersed in something? Or have you ever seen a child colour? If so, you'll know what it looks like to be totally absorbed in the moment. Do they look like they're worrying or fearful? They're in the moment, fully present. They practise mindfulness without even knowing it!

How do you become aware of the present moment? Practise mindfulness.

The best way to capture a moment is to pay attention. This is how we cultivate mindfulness.

John Kabat Zinn

Exercise in awareness: For the next few days, notice: are you in the present? Are you constantly thinking one step ahead of yourself or into the past? Where are you? Just observe and notice.

I'll check back with you next week 😊