



## Living in the Moment - Succeeding One Moment at a Time

### Living in the Moment - Succeeding One Moment at a Time

When you live *consciously* in the present moment, you're free from the stresses of life. It enables you to feel calm and to think with an astounding clarity.

Living in the moment sounds easy, but it will take some effort until you get into the habit. After all, with so much going on around us, it's easy to get distracted by fears, worries, frustrations, and stress. But once you get used to it, though, you'll wonder how you could have lived any other way!

What can you do to make living in the moment your way of life?

#### Try these steps in order to gain present-moment thinking:

1. **Meditate.** The very point of meditation is to live in the present moment and accept things just as they are. It's a practice that you'll get better at the more you do it. To help quiet your mind, the best thing you can do is ***focus on your breathing and keep striving to release your thoughts with each breath you take.***
2. **Accept the past.** You'll feel better about yourself once you learn to accept past situations. ***There's nothing you can do to change the past.*** Bringing the past into your present only clouds your present thinking and makes it harder for you to concentrate on the present moment.
  - Thoughts of the past will still arise, but when you learn to accept it for what it is, you'll be able to return to the present moment without regret or grief.
3. **Accept the future.** On the other side of the coin, you also need to accept the future. You ultimately have no idea about what's going to happen, and worrying about it won't make an ounce of difference.

- How much time do you waste in a day by sitting around thinking about what you're going to do? When you stop thinking, you have more time to actually do it!
4. **Be mindful.** When you're mindful, you ***pay close attention to what you're doing in the present.*** You may think it's just a mundane chore, but it's important to do it with an open mind. Open up your senses to what you're doing. You might be overwhelmed with positive feelings that you didn't know existed.
  5. **Get in touch with nature.** Take some time to get in touch with nature. You can go for a walk or just sit under a tree. There aren't many things that can open you up to the present moment like opening up to the vastness of nature.

### **Remember To Relax**

As long as you maintain a relaxed attitude, you can achieve *conscious living* if you keep trying.

It may help to think of yourself and your brain as separate entities. Your brain can be thinking thoughts all over the place while your "self" watches. When you maintain the wisdom to realize that your thoughts are out of control, the self can pull you back into the present.

Of course these goals are best achieved through meditative practice, but you can also try any activity that you find relaxing if meditation isn't for you. While you're relaxing, pay attention to your breathing and try to take deep breaths. Remind yourself that, in this moment, the past and the future don't matter in the least.

After you've successfully added present moment thinking to a relaxing part of your day, it's time to spread the awareness to other times of the day. ***The more time you can spend in the present, the better.*** Live in the here and now, and enjoy a more fulfilling life!