

# **This moment is everything**

LIVING IN THE PRESENT MOMENT

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## **This moment is all you will ever have**

Do you believe that life is something that happens to you in the future, do you think about your past so much that it seems as if you are living it again? Do you constantly re-live moments from last week's staff meeting, or from a random conversation you had 3 months ago. What about 5 years ago, do you still recall events that happened then?

Are you living for some point in the future when your life will be amazing and great, and treating the present moment as just a means to an end? Are you convinced that your past is a representation of how your future will be? Do you constantly recall in vivid detail your past mistakes or actions which you would rather forget? Are your thoughts consumed by any other time but this present moment? If they are, then what is it that is so unsatisfactory about your life right now that you have to continually reminisce about days gone by? Are you someone who finds that their mind continually wanders here there and everywhere at the expense of your current day to day living? Would you like to forget the past, not worry about the future and just become absorbed in this very moment?

A point in time 5 years from now, something which you are striving for is all well and good, but it is important to realise that what you think of as the future, some point in time months or years ahead of where you are now will never actually arrive.

Many people completely ignore their present moment; instead they are always living for the weekend or the end of the month, or some other imaginary point in the future that will cause them to feel happy.

It has been said that many people spend up to 97% of their time either living in the past or the future, which means they only spend a mere 3% of their time in

their present reality. That is quite a sobering statistic when you realize this current moment is all you will ever have. That is a lot of time in thoughts outside of what you are currently involved in.

Your attention should rarely be taken up with thoughts of regret about the past, or thoughts of worry about the future, both are made up and only exist in your mind as and when you think about them.

An important point to remember is that while you want to create a new life yourself, and learn about strategies to change your thinking, it is still necessary to realize that while you aspire for great things to happen in your future, the power you have to make all that you wish for yourself come true, comes from this very moment right now.

It is important you strive to become fully present in your life, each moment that passes is extremely powerful, at this very moment you can be more constructive and productive than you have been at any other time in your life. Your power comes from understanding and utilizing this. The actions you take today will not be indicators of your life in the future they will become your whole life.

## **Enjoyment**

Learning to enjoy life isn't something that can happen in one year's time when you are rich, or when you get a new job, it can never be done in the future, the only time you can ever enjoy your life is this very moment. There is no other time to enjoy.

All you really have to do in life (your mission and you should accept it) is to enjoy it. This doesn't mean only the holidays, the birthdays, the anniversaries or the long weekends, it is much more than that, it is every single moment. The person

who can live every moment like it is their last, with a smile, gratitude and unbridled enthusiasm, is god like, and is a master to everyone else.

Enjoying your life in the present is not an option to add to the list of 100 other things you need to do at a certain point in time; it should be your only priority in life.

## **Be grateful**

You should be grateful about being where you are right now. However old you are, you have been through much to reach this point right now, good times, bad times, fun times, sad times however you want to define them. There are never any guarantees that we will be here tomorrow, you have come a long way to get to appreciate this moment right now, have you not? When you think about what you have been through, doesn't it make you want to go out, enjoy and celebrate the moment you currently have?

## **Learn to appreciate the journey**

The destination you are aiming for, your goal or some other event which you are planning for in the future is in itself a good thing. We all need direction otherwise we are just boats without anchors bobbing up and down at sea. Yet when we get caught up in the future or the past at the expense of our current day to day efforts, then it can become a problem, and probably does become a problem for many people who see today as nothing more than a tedious 24 hours to be endured until the weekend.

**“Life is a journey and not a destination.”**

It is imperative, if not absolutely vital to enjoy this journey (life), and to never see it as a means to an end. If you start treating life as nothing more than a rude interruption on your way to greater things, then you need to stop. Life should never be thought of in this way.

Are you waiting until you arrive here, there or anywhere else before you start living life?

Sometimes in the western world at least, we don't really appreciate what we have got and so are always constantly striving for something else. People in less developed countries are often much better at enjoying life, and treat each day as it comes, they are generally found to be happier because of it. This could be down to a variety of reasons, but either way we can learn a lot from people who make enjoying each moment a priority in their life.

It is unfortunately the case that many people will never really understand the importance of life until they are faced with their own mortality. When this happens

life suddenly takes on a new meaning as they suddenly realise that they will one day die.

People assume (often wrongly) that they have many years of life ahead of them, and so become blasé about it all, they waste time, don't make goals and basically just see out their days in blissful ignorance, unaware of the fact that they can choose to live a better life if they so desire. Or perhaps they are aware of what they can achieve but are just too lazy to do anything about it.

It is when you can enjoy the process of getting somewhere and not just the end result itself that you have really found your true vocation, it is when you can enjoy each day that you have really mastered your life. The person who can do this is pure GOLD.

### **Don't get lost in thought at the expense of life happening around you**

Do fish think? They have very short memory spans, every few seconds they are seeing things for the first time. Do they ever become bored? How can they, with their short attention spans everything in the fish tank must be continually appearing new to them.

Sometimes when we get lost in our own mindless thoughts it pays to be like a fish. Looking around and observing things as if it was the first time you have seen them. To live in the present moment and enjoy life you have to be engaged with the outside world not oblivious to it.

You are missing out on much that life has to offer, and you are doing yourself no favours when you ignore life going on around you. You are the actor in your own life drama, when you are out and about on a day to day basis are you fully

engaged in your life, or is your mind elsewhere in a different place, country or time zone?

Look around you, other people are living their lives, are you really living yours when you are out and about, or are you in neutral, mind elsewhere, engrossed instead with life inside your own mind? Life is happening all around you, what part are you playing? Are you even playing a part, or are you acting in a different drama at a different period of time.

**“We can only change our lives in the future by changing the actions we take today.”**

It is what you do in this very moment that will affect your life situation in the future, your power comes from realising this. This moment today can potentially be better than any you have had in the last 3 months, or maybe even 3 years, you can't be constructive and useful tomorrow or in 3 weeks time, you can only be constructive and useful now. How will you make sure that is the case?

*Your past is irrelevant compared to now*

- Get busy with the future then the past becomes irrelevant
- Get busy with getting things done now then the future will become irresistible!
- It is by focusing your time on this present moment, that the past and future become irrelevant.

## **Today is a new day**

Our past doesn't shape our future it has no relevance on what the coming weeks, months or years will bring. It only lives or dies by the amount of time we spend brooding or thinking about it.

**“The past exists at the expense of the now, which is the only time you can do anything about the future.”**

One of the beautiful things about being alive is that there is always this very moment right now available to you to use in anyway you choose. Today is a new day full of opportunities. It is this day, this moment where you can initiate changes in your attitude, behaviour and actions that will take you closer to the life you most want to be living, or have envisaged yourself living.

**“No matter what you have done in the past, with each new day that passes you have in your hands the power to shape your destiny any way you choose to, and like the sun rising in the morning, that is a beautiful thing.”**

Maybe your life in the past has not been that great, maybe you have not really made the best of the situations you found yourself in. Perhaps the jobs you have undertaken haven't really been the making of you, or used your most valuable skills and talents.

More recently you may have had a terrible day at work and had to deal with some truly awful people. Perhaps in the weeks gone by you haven't made the best of yourself or done anything constructive. It doesn't matter, the past, *your* past doesn't matter, because you have at your disposal right now the power to change anything about your life. Today is a day that offers you opportunities to make your life better than it has ever been before, and it is accessed by this very moment now.

A day should never be looked upon as meaningless, pointless or uneventful. It is a chance for you to make inroads into a goal you have been working on, learn something new, improve yourself in some way or to make somebody else's life better.

It can be good to know that your past does not have to be an indication on how your future will be, and that from this day onwards your life can be a distant relative to how it used to be. Your life can be different and it is entirely down to you how different it can be.

**“Forget the past; it is no indication of what is to come. Your future can be totally different by the actions you take now.”**

You can only give life to the past by thinking about it, if you think too much about the past, start thinking about what you can do now, because that is all you have. If something unpleasant happened in the past, think about what you can do now to avoid it from ever happening again (if it is the case). This is where true power lies, and it is available to you right now!

## **Worrying about the future**

Living in the future can be a major cause of anxiety. How much of your time do you waste worrying about future scenarios, or figuring out all the ways something could go wrong? Maybe this will happen, maybe it won't, what if this happens, or what if that happens.

Are you one of the many people that walk around with a furrowed brow and a concerned look on their face, all because they run movies in their mind or hear voices in their head about how bad their life is going to turn out in the future. If you are you are not living in the present moment.

Worrying is pointless, it solves absolutely nothing. There is nothing to be gained from worrying about your future, it is all mind based, how much of worry is about actual events that have happened, rather than events that are just concepts in the mind? Worrying can keep you very firmly locked in your own head, and your own negative internal thought patterns, and is a major cause of depression.

What is the point in worrying about something that is not real i.e. the future? It doesn't exist except inside your own head. You have been able to handle most of what has happened to you up until now, have you not? What makes you think that you will struggle to cope with what lies ahead?

If you can take action now to alleviate any of the problems you perceive happening in the future, then what is the purpose of worrying? If there isn't something you can do then the same applies, it is out of your control is it not, and so why worry about something which you have no control over?

A million different events could happen, each one you will only have to deal with if (and it is a very big if) it ever happens. Running through each possible event in

your head serves no purpose other than to eventually wear you down and make your life a living hell.

The future can be anything you want to be as it really only ever exists in your mind, it is manifested however by your day to day activities. Sometimes we want to step into the future and take a look at how we want our life to be, it can be a very useful thing to do. However when we project ourselves into undesirable consequences it is not beneficial to us at all.

If you are someone who worries a lot, then you are today probably already living a time which you once worried about, and you probably don't even realize it.

**“Today is the tomorrow you  
worried about yesterday.”**

If you are worrying about something, you are not living in the present moment, because if you were living in the now, what would you have to be nervous or worried about?

There is really nothing to worry about in life, you might think there is, (and there perhaps lies the problem) but there isn't, you may worry about different situations and scenarios in your mind, but in a real fight or flight situation, one in which worry would be legitimate course of action, you simply wouldn't have time to worry.

If you really want something to worry about, then perhaps you should be concerned with how you might be spending too much time worrying, at the expense of utilizing and enjoying this very moment?

What is it you are or are not doing right now that you should be doing? Perhaps you should start worrying about the actions or lack of actions you take at the very moments in your life when you worry or think too much if you really want something to worry about.

In reality now is the only thing you ever have to worry about, because that is the only thing you ever have any control over.

Is this moment right now something that is going to be occupying your thoughts in 4 weeks time? If it is then I hope you understand that this moment right now is yours to use in any way you want to. What is it in 4 weeks time that when you look back on this day, this hour you want to see yourself having done or completed or achieved? It is what you do now that controls the thoughts you will probably have in 4 weeks, the actions you take now determine that, do you realise how powerful that makes this moment?

If you are someone who thinks too much, then the amount of time you spend in your own thoughts means this moment now could potentially take up much of your thinking in 4 weeks time.

## **Instead of worrying**

As an alternative to constantly worrying about what may occur at some future point in time, focus your attention on this very moment you are living, all you can ever really do in life, all the power that you have at your disposal can only be accessed at one place and at one time, which is right now.

**“The busier you can make yourself with present day activities the less time you have**

**to worry about other stuff.”**

Spend your time working on how to make this very day more exciting, more enjoyable and more productive than any that has gone before it.

It is this day which should be your primary focus, we can plan, speculate, and arrange for events to happen in the future, but the centre of your life, the axis from which all things emanate from, is always going to be with what you currently have, which is this very day, hour and minute. Become aware of this now, how can there ever be anything to worry about when your attention is focused at this very point in time?