



Present Living Tips

If you, like me, have trouble going with the flow and staying relaxed sometimes, then you are probably worrying about something. It is okay, because we all do it! One of my extremely spiritual teachers has an "end of the world" supply closet just in case. I know that it is smart to have emergency supplies, but I secretly suspect this person worries a little bit just like the rest of us.

The absolute best way to combat worry is to practice present moment living. It is not easy, by any means. Like meditation, it takes practice.



I know that sometimes it seems like those folks who are truly happy are not even living on this planet. How can they not worry about everything when life is so stressful??!!

We are human, and we all think this way sometimes. The only way to combat the madness is through practice. We must practice focussing on what is good, defining our thoughts as just thoughts, and being in the present, now.

Here are some tips to help you on your journey:

1. **Breathe.** Stop and take a few slow, deep breaths. Inhale and count to 5. Exhale and count to 5. Keep going until you feel better. This works because when we start to freak out about something, our breathing naturally becomes shallow and fast. Slowing and deepening our breathing instantly calms us down. It's better, faster, and way healthier than anti-anxiety medication too.

2. **"I am feeling..."** Say aloud, "I am feeling frustrated, angry and pissy." This detaches your feeling from who you are. When you say, "I am angry," you define your essence as anger. When you say, "I am feeling angry," you are admitting you have feelings, but you are not limiting yourself to your feeling. This is less overwhelming, and it gives instant perspective. While you have emotions, they do not define who you are. Remember this!

3. **Saying aloud things you are grateful for**, even the most mundane, helps keep you present on a regular basis.

- a. Hot water in the shower
- b. Fresh fruit for breakfast
- c. A good sleep
- d. Wonderful coffee
- e. Our critters
- f. Each other
- g. A chair to sit on
- h. The fact that you are alive



4. Use all your senses.

- a. SEE the colors and notice their intensity, vibrancy, shades and hues.
- b. HEAR the creaks in the floorboards, the wind rustle the leaves, or breathing of your loved one.
- c. FEEL your heart beating, the way the dirt squeezes between your toes, the coolness of water.
- d. TASTE the flavor of your last meal linger on your tongue.
- e. SMELL the flowers - literally.

All those sense specific descriptions, when focused on, bring you into NOW.

The idea is to become aware of all the little things we normally take for granted. Just notice - really notice and be amazed - at how your legs actually lift and move and propel you forward. Notice every little detail and nuance of it and be grateful.

5. **Body Awareness.** Take a deep breath and make a full body checkup mentally.
- a. Are your feet cold or sweaty?



- b. Are your shoes too tight?
- c. Are your socks squeezing your toes or ankles?
- d. Continue to go all the way up to the top of your head.
- e. Notice your organs as well.
- f. Is your food digested?
- g. Are your muscles tight or relaxed?
- h. What is the body temperature of the different parts of your body?

This is an exercise. A REAL exercise because, usually, you cannot concentrate enough. This is because, of course, you may be focusing in the past or the future. With practice though, it works.

6. Fast Forward Yourself in Time.

Pause and ask yourself:

- "Will this matter next week?"
- "Next year?"
- "5 years from now?"

Doing this often helps to re-center yourself in the present moment and figure out if you are doing the thing that will bring the most joy and growth in life. Or, if conversely, you are wasting precious moments worrying about something that won't matter in the future. When you pair this with gratitude of what is in the now, it becomes a quick and easy way to gain perspective.



7. **Say the words "INFINITE LOVE & GRATITUDE"** to yourself, out loud or in silence. It is a great sentence to use in any circumstance. Repeat as many times as possible.

These words have the highest vibration possible, and can raise the energy of the particular problem currently troubling you.

Infinite means "the universe" or "the collective conscious," which has no beginning or end.

Love is the universal power that propels life, fueling your will and enabling you to face and overcome challenges.

Gratitude empowers you to go through life without judgment. You see the value of any experience (even situations you may have once perceived as "bad") as an opportunity, rather than being a victim of circumstance.

8. Get up and move!

If you are feeling stuck in stress:

- a. Take a walk around the block.
- b. Go to the bathroom and splash some cold water on your hands, arms and/or face.
- c. Stand up and stretch for a few minutes.

Each of these exercises gets you out of your head and into your body. This only helps alleviate worry.



Helpful Quotes



"The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly" *The Buddha*

"To be present in the moment is to really be aware of what a truly amazing world we live in, and how fantastic it is to be alive." *Johnnys Gibson*

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough troubles of its own." *Jesus Christ - Matthew 6:24*

"Above all, live in the present moment and God will give you all the grace you need." *Fenelon*

Recommended Additional Reading

The Work by Byron Katie

Awareness by Anthony DeMello (This is a funny one)

The Worry Cure: Seven Steps to Stop Worry from Stopping You by Robert L. Leahy

A New Earth: Awakening to Your Life's Purpose by Eckhart Tolle (This can be difficult reading, but he has some great info.)

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