

## How to Be in the Now

Living in the “now”. This is the way to live a happy content and joy-filled life. So, how do we make this happen? How do we remain focused in every moment? Simply stated, to live fully in the now, one must be able to let go of all thoughts and concerns regarding past and future events. Easy to say, but a bit more complicated to do.

How many minutes of your day are spent reliving issues and events from the past or worrying about what’s coming next? Imagine what it would be like if you were able to release those thoughts and commit yourself to being fully engaged in the present moment.

When we replay the past, it may be out of a desire to have done things differently—also known as regret. Additionally, it may be from an inability to release yourself, or others, from past words or actions—also known as forgiveness. Without going into a long, drawn-out tutorial on how to let go and forgive, it’s easy to see that by living in the past, we’re concerning ourselves with things that cannot be changed. We cannot control what’s already taken place, but it can control us by distracting us from the present moment.

On the other hand, how much of our day is spent worrying about

how things will unfold in the future? Concerning ourselves with events that have not yet taken place shows that we have no faith in our ability to handle life’s twists and turns—no control over how those things will affect us. Nothing could be farther from the truth.

Life is nothing about what happens to us—it’s all about how we choose to react. If we choose to embrace all future challenges for the lessons they hold, and consciously decide to seek the good in everything, there’s nothing to fear when we contemplate the future.

What is the prize at the end of all this? If you can successfully determine to release the past and fearlessly embrace what lies ahead, life will explode with color that you’ve never experienced before. Being preoccupied, by either the past or the future, pulls our attention and energy away from the only thing we really do have control over—the present moment. When you are fully awake and present, you will be rewarded with a level of clarity and joy that you could never have imagined possible.

## *Reduce Stress, live longer, healthier life!*

\*Improve your health—diet, exercise, sleep, positive self-talk.

\*Slow down—relax, unwind, breathe.

\*Don’t sweat the small stuff—go with the flow.

\*Take time for yourself—get a massage, read.

\*Focus on today—take life one step at a time.

\*Meditate—sit quietly for 10 minutes daily.

\*Laugh—laughter is the best medicine.

\*Help someone—practice random acts of kindness.

\*Focus on the positive—affirm what’s working.

\*Try something fun and new—a hobby, vacation etc.

\*Be eccentric now. Don’t wait for old age to wear purple.

\*No one is in charge of your happiness but you.

\*Frame every so-called disaster with these words “In five years, will this matter?”

\*Always choose life.

\*Forgive everyone everything.

\*Time heals almost everything. Give time time.

\*However good or bad a situation is, it will change.

\*Don’t take yourself so seriously. No one else does.

\*Believe in miracles.

\*Don’t audit life. Show up and make the most of it now.

\*Growing old beats the alternative—dying young.

\*No matter how you feel, get up, dress up and show up.



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*Namaste!*

## Simplify...Simplify...Simplify

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Things. Oh, so very many things! How is it that we are placed on this earth wearing absolutely nothing, and eventually transition back to our Spiritual home with the same amount of baggage, but we are seemingly in a continual race, the entire time we're here, to acquire more and more things?

Obviously, some "things" could be considered necessary. But when you think about it, how much of what we have, or want, is really necessary to live a happy and fulfilled life? How can we find a balance between living a full life in the physical without becoming so dependent on the things that distract us from the connection to our higher self?

So often when we hear people talk about reducing or scaling back, our minds immediately go the extreme case scenario and we begin to push back on any suggestions of change. The thought of cutting back on social media may conjure an image of a manual typewriter and a rotary phone. If we think about minimalizing our wardrobe, we might imagine clothing that's grey and utilitarian. You get the idea. The point is that by investing time and energy into "things", we're unconsciously giving away our power to them and therefore surrendering our ability to be happy and complete without them. Perhaps that's not our intention, but it's the end result, nonetheless.

People may ask, "Why bother? Why bother going through the arduous task of purging what we have and limiting our drive to acquire more stuff? How could this make an impact on our current state of well-being? Everything is energy—our actions, thoughts, and even our money. So, when we decide to expend any of those energies toward acquiring something, we are surrendering a bit of our power to it. We are saying, in essence, that we're not complete without that item being in our life.

However, when we liberate ourselves from the need to have the latest and greatest device, outfit, etc. we are indirectly saying that we accept ourselves as being perfectly complete without those things and we are freed to expend our actions, and intentions on the things that will bring us Spiritual growth and rewards because those are the things you can, and will take with you when you return home.

You are a perfect and divine creation of God. Everything you need God has given you and continues to give you through the loving guidance you receive each day. Remove yourself from the clutter and allow your mind to become receptive to the words of Spirit. Make daily meditation time an important part of your schedule. In those moments of silence the voice of guidance can be clearly heard. **Three immutable facts: You own stuff. You will die. Someone will get your stuff!**

## Quotable

\*You are never too old to set another goal or to dream a new dream. *C.S. Lewis*

\*Life isn't tied with a bow, but it's still a gift!

\*Beautiful young people are accidents of nature, but beautiful old people are works of art. *E. Roosevelt*

\*There is always a lot to be thankful for if you take time to look for it. For example, I am sitting here thinking how nice it is that wrinkles don't hurt.

\*Aging is lost youth but a new stage of opportunity and strength. *Betty Friedan*

\*The best part about being my age is in knowing how my life worked out. *S. Adams*

\*Those who love deeply never grow old; they may die of old age, but they die young. *Benjamin Franklin*

\*I am a seener! I have everything I wanted as a teenager, only 60 years later. I don't have to go to school or work. I get an allowance every month. I don't have a curfew. I have a driver's license. And I don't have acne. Life is good!

\*Ever notice the older we get, the more we're like computers? We start out with lots of memory and drive, then we become outdated and eventually have to get our parts replaced.

\*Do not regret growing older. It is a privilege denied to many.

\*Youth is a disease from which we all recover.