
11 SIMPLE WAYS
TO
LIVE IN THE PRESENT



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Why Live in the Present?

Have you ever tried to change the past?

Wouldn't it be nice if you could? Of course it is crazy to think like that. We can never change what has happened as much as we might like to. Yet many of us go over and over the past imagining how life would be if it had been different, if things had or hadn't happened, as though changing the past would change who we are now.

It is the same with the future. How many of us look ahead dreaming of what we might have or of what we might become. It is impossible to change or even predict what will happen in the future. However much we plan and hope for, the reality is that we never really know what will happen next.

That doesn't mean that we should not plan, dream or develop goals, it is that we need to understand that the only time we can ever change is in the present, in the now. Most people fail to achieve their goals in the future because they are locked into attitude, habits and behaviours that they developed in their past.

When you live in the present you are not worried by what has happened or anxious about what will happen. In the present you can clearly aim at where you would like to be and go for it, living in the present every step of the way and adjusting your

actions to stay on target whatever life throws at you.

Did you know that both planes and ships spend 90% of their time off course? Both winds and currents are forever pushing one way or the other. Sometimes the force of the wind or current will be pushing back while at other times it will be pushing forward. The job of the captain is to keep correcting the direction of the vessel to keep it aimed at the final destination.

You are the captain of your life. The currents of the past will keep you moving away from your goals and the winds of the future will keep pushing you off target. When you stay in the present you can steer your course and achieve your destination, reach your goal, and live your dream.

Be happy, live in the present.

With love,
Sean x

1. Let Go

Throughout life you will meet people who treat you badly, upset you or hurt you. This may be intentional or due to their ignorance or insensitivity. The important thing is that you never take it to heart and allow negative feelings about other people to fester within you.

When you hold negative feelings about others the only person that it hurts and damages is you. Internalised negativity, anger or bitterness will raise your blood pressure, increase the levels of adrenalin and cortisol in your blood stream that will eventually harden your arteries leading to strokes and heart attacks. Holding onto the negative past can create the seed of depression.

All the great philosophies state, in one form or another, forgive those that trespass against you. This means letting go of all negative feelings and don't be weighed down them.

2. Love Yourself

This is so important, but few of us do it consistently. Positive self esteem allows you to be happy which has great health benefits. It lowers your blood pressure, reduces your heart rate and respiration, strengthens your immune system, improves your sleep pattern, increases your libido, diminishes both anxiety and depression, and makes you feel better about you and your body.

To maintain your positive self image you need to feel good about yourself. The easiest way to accomplish this is to make sure that you act in ways that do not damage other people. Most importantly if you do something that hurts or upsets another person apologise, when you get it wrong do something to get it right.

Go to the mirror, look yourself in the eyes and say "I love you". This is difficult if you do not have good self esteem. By ensuring that you always do the best that you can with other people you will find it easier to love yourself. When you love yourself you will then be able to allow other people to love as well.

3. Be Grateful

When you live with gratitude you live with happiness, your cup is half full if not overflowing, and the world is a wonderful place of positive expectation and all that you do becomes a pleasure. When you live with gratitude everything is seen positively, everything is a powerful and useful lesson. Problems become challenges and mistakes become learning points. In gratitude problems cease to be.

In gratitude thank all those that do things for you. “Thank you” is the most powerful phrase in the human language. In gratitude and thankfulness we find happiness and highest form of human expression, love.

Every morning when you wake, before you get out of bed, be grateful for all that you have, whether it is a little or a lot, be grateful for all that you are, whatever you are. With every step that you take from your bed into you day be grateful for everything, your clothes, your house, your tooth brush, your family, your breakfast...



4. Be Mindful

To be Mindful is to be present in yourself. To be present it to live in the moment. To act Mindfully is to act with clarity that maximises the positive benefits of the moment and minimises the negative. In Mindfulness you can create success, be sensitive and meaningful. Be Mindful in all that you think, feel and do.

To eat Mindfully is to appreciate all that is before you in your meal. Take time to be Mindful. Eat with your eyes and your nose long before the food reaches your taste buds. Eat with your heart with an awareness of all those that worked so hard to produce, transport, process and cook the food that is on your plate. Appreciate the plate itself and the cutlery, everything. To the Mindful heart all of life is a wonder and a joy.

Being Mindful when you are working, when you are playing, when you make love, when you read a book. In Mindfulness you are present to yourself in the moment and nothing is missed.

5. Act with Intention

Many people do not determine their own life, they allow others to do it for them. This may be a parent, partner, a boss, a friend or a government. It is easy to become a bit-part player in other people's life story rather than being the hero of your own.

Before you start your day decide how it will be, decide what you will achieve, what will be the outcome. This is to act with intention. When you act with intention you are the author of your own life. You take up the pen and begin to write your story of life that is just how you want it to be.

To act with intention you need to be focussed. To act with intention you need goals and plans. In the morning complete your morning focus (LINK ED) to get your head on the right way around to ensure that you get best from the day you are about live.

At the end of your day complete you evening review. Hold onto all the experiences of the day that serve you well and discard all those that do not.



Worry does
not empty
tomorrow of its sorrow;

it empties today of
its strength
if it empties today of
its strength

6. Be Tolerant

There will always be obstacles in your path, it is the nature of life. Often these will present themselves in the behaviour and attitudes of other people. These may be people you casually meet, work with, live with or simply observe. They may be close to you in business, or on the television, or in the news. Whatever they are and wherever you meet them they will feel out of step with what you feel or believe. They may act in ways that are abhorrent to you.

The Law of Allowing is about tolerance. Tolerance and letting go, go together. To let go requires that you allow other people to be what they are without allowing them to affect you and also without demanding retribution for what they do, or expecting them to change. Many people make themselves ill, or upset, in attempting to get others to be what they want them to be. The attempt to change other people is like trying to push water up hill, it is tiring and it doesn't work.

According to the Law of Karma everything that people do is reflected back to them at some point, there are no free lunches, all debts must be paid in full. Allow the mad people to be mad, the angry people to be angry, and the silly people to be silly. In their own time they will grow to realise what they are doing. Your job is to fulfil yourself, to enjoy your day and your life, to wake with a smile and to go to bed with a smile. In tolerance you lay down the burden of other people's behaviour.

Remember to also be tolerant of yourself. When you make a mistake or get something wrong don't beat yourself up, use all situations as learning points and enjoy your growing.

7. Give Value

We often confuse value with cost and in doing this we assume value is a monetary thing. Value has many currencies. It might be a moral value, it might be in timekeeping, in integrity, in honesty. Is your word worth anything, can we give it value? Do you do what you say you will do? Are you a truth speaker?

When you go into work, do you give a fair day's work for a fair day's pay? Do you make sure that the value of the work you do is worth the money that your employer, or your customers are paying? In business value is key to success. When your customers feel that the service or product that you offer is a good deal your business will grow. Think of value in all things. Are you worth having as a friend, colleague, son, daughter, parent, partner, or employee?

In the east the word for service is Bhakti. To be Bhakti is to serve others in the best possible way that you can. To serve others requires that you give them value so that you feel that your actions are worth doing and they feel the same way.

8. Focus on your Goal

A ship without a rudder is at the mercy of the tides, the currents and the winds. A ship with a rudder uses the energy of nature to take it where it wants to go. So it is in life. When you know where you are going, when you have direction, your life has meaning. The goal of your life journey is up to you. Though, when you have no goal you will be swept one way or another in other people's ideas, desires, wants and dreams. Just like the rudderless ships you can just as easily be swept onto the rocks and be destroyed as enjoy calm clear water.

In life we need to have purpose, it serves to have somewhere to go, things to achieve, dreams to fulfil. It is this that creates energy through which we live our lives. The purpose of your life is the goal that you set. If you have no goal now is the time to decide on one, or you will be just another rudderless ship.

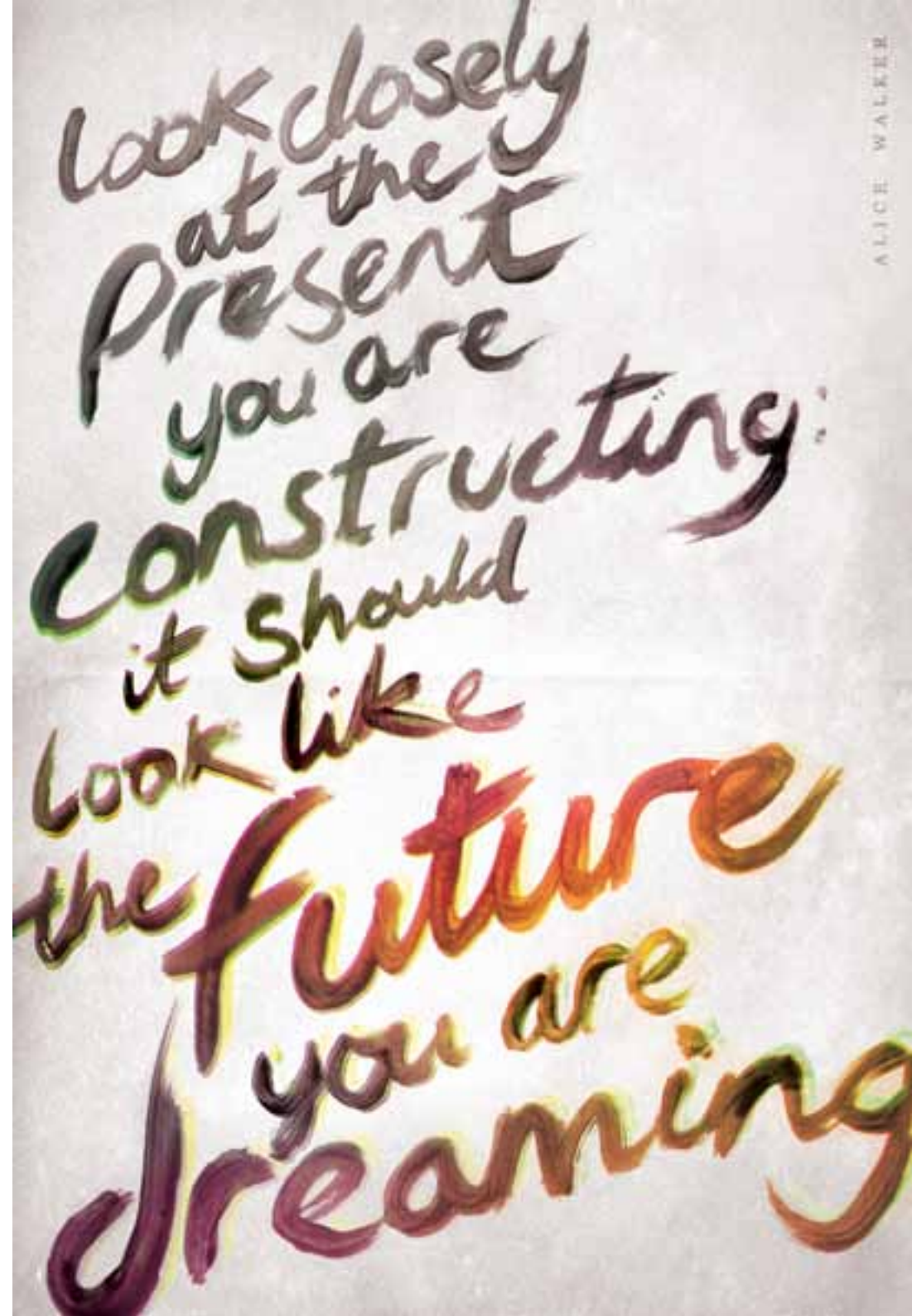
Life is a journey from birth to death which can be either a meaningful experience or a burden of suffering. Each year, month, week, day and hour are steps on this journey. Today you will be taking steps. Do they lead you towards your goal? When you move forward purposefully you will inevitably reach your goal. The journey to the top of the highest mountain is only a set of steps as long as you keep moving forward you will reach the summit.

9. Help Someone

Do as you would be done by, is a good philosophy. When you help each other whatever you are doing, whatever your journey, becomes easier. You are not an island, you are not alone. You exist in a universe and a world that is full of other people. You will need help from some of those people to live your life and to achieve your own fulfilment. Those people will also, at times need your help as well.

In any group of people from a family to a country the same rule always applies. If you each ensure that other people's needs are met you are all supported, but if you all sit back and expect other people to provide for your needs, then no one's needs will ever be met. Life is a participation sport, you have to be in it to win it.

It is therefore true that in looking after the needs of others you are also looking after the needs of yourself. This is the true meaning of society, community and friendship. Never walk by on the other side of the road when someone requires your help. The person needing help just might be you.





10. Don't Give Up

Keep your spirits up and be positive. Most people fail to find fulfilment because they allow themselves to be beaten down by the problems of life. The thing that keeps us all going through the tough times is not simply willpower, it is the determination to be consistent and persistent, and in the words of Winston Churchill “Never, never, never, never, never, never give up”.

We live in a universe of constant change. Nothing remains the same. All things come to pass. However difficult your situation is right now it will not last forever. Everything has its time. All things come to an end. The pain, hurt, loss, of the moment will at some point become what was and, no longer be what is.

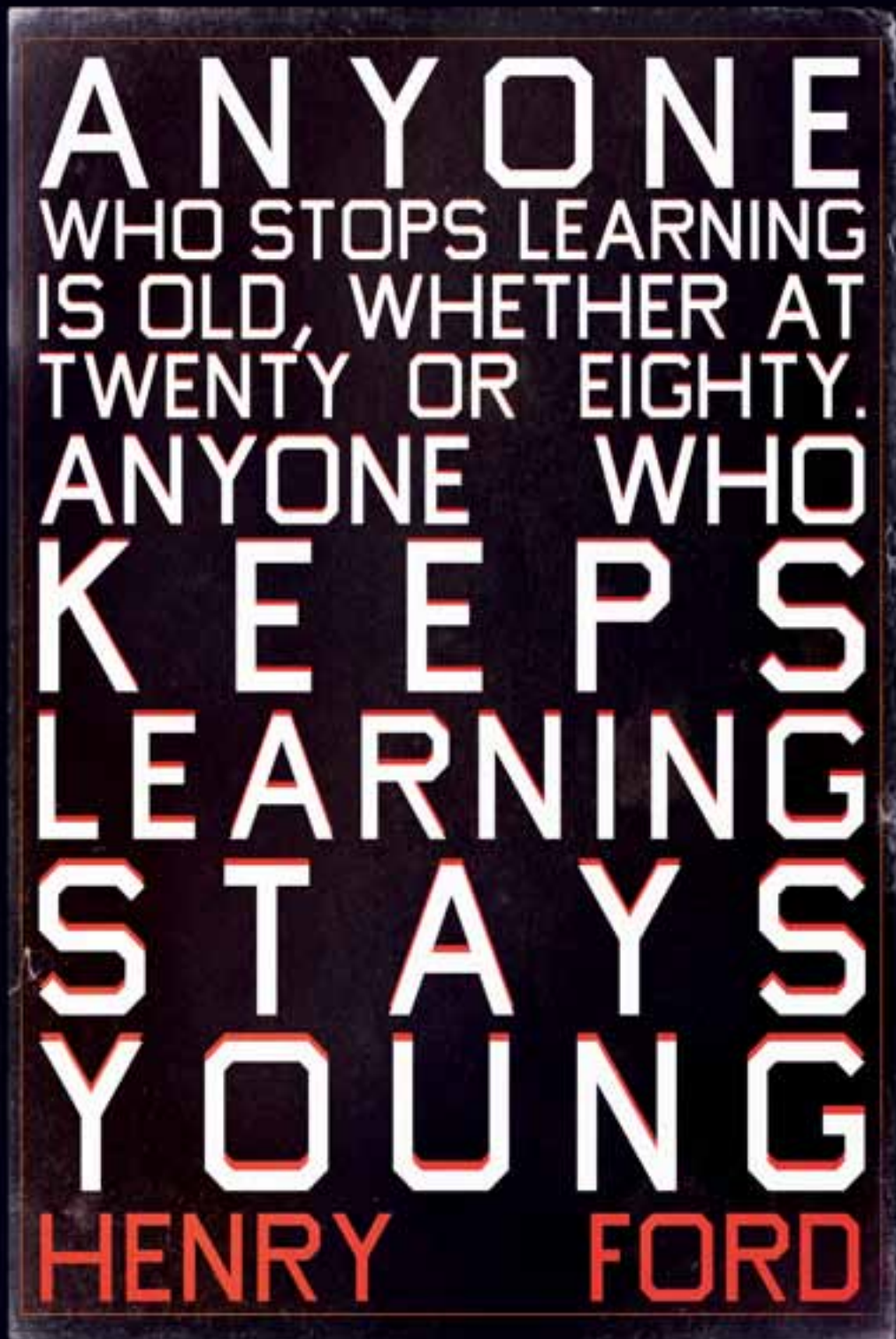
Whatever the setbacks in your day, remain consistent and persistent about your goal and your intent to achieve your goal. Avoid procrastination, never put things off to tomorrow, always do what you can today, never avoid conflict but always seek resolution.

11. Have Fun

Do you know that when you see a smile on someone's face it has both a physiological and a chemical response on your system that raises your mood and increases your sense of well being? That also means that if you smile at other people you will be contributing to their sense of well being. Laughter does the same thing. When you laugh it increases the level of serotonin in your brain, which is the well being endorphin. Being happy, smiling, laughing and having fun are as powerful as the strongest medication.

So, when you go to the bathroom mirror, look yourself in the eyes and smile you are actually changing your brain chemistry and raising your mood. When you laugh and have fun you are positively affecting every cell in your body, strengthening your immune system, and improving your relationships.

When you are happy you will sleep well, eat well and have the motivation to do things that serve you well and also serve other people well. Being happy yourself is one of the most important things that you can do for other people. Your happiness not only raises the mood of all those around you but spreads out like ripple in a pond as they go on to make other people happy as well.



The Book

Uh oh, you've probably realised by now that we've got something to sell. Bet you didn't see that coming!

It's true. Our book, *Live in the Present*, is the cornerstone of all of the work that we plan to do in the coming months and years. It's a much more in-depth version of this document. Are you ready to delve deeper?

Special Offer

As a 'thank you' for coming this far with us we'd like to offer you a discount on our book. Simply enter the code **'LITPNOW'** during the checkout process in our shop and we'll reduce the cost of the book by 15%.

The discount applies to anything you buy from us whether it be one copy of the book or 10. We don't even mind if you dish the code out to friends and family. Spread the word! Living in the present is infectious...

Visit www.liveinthepresent.co.uk and continue your journey...



THANK YOU FOR READING

Sean, Ed & Rie



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