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## MINDFULNESS





## STEP 4

# MINDFULNESS

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### WELCOME TO YOUR PRESENT

Most of you will agree that letting go of the past can be quite a task. The power of your paradigm comes into play and it can be like a brake or a ten-ton weight. You see, your paradigm doesn't want to change, it wants to stay exactly as it is. It is what your system knows and understands so why should it change? All those phrases like 'better the devil you know' come to mind and many people will fall back on these beliefs to excuse the fact they cannot or will not change.

It is only through consistent and persistent action that lasting change can ever take place.

At this point, some will find the willpower to carry on and will be stepping smiling into their present. These people will be the happy ones that have hope and vision for their future, that are no longer hampered by their past, and are grateful for their life and all that it offers them. It is important to remember that we create our vision, we create our future, and it is the processes of consistence and persistence

that are our ability to change.

If you hear repetition in these words, phrases and ideas then you are right, it is quite deliberate! We are practising persistence and consistence.

You may still have a foot in the past and be in the process of gradually moving into the present. As long as you keep going, you will get there, into your present. It may be important to look around and understand the inhibiting factors that are stopping or slowing your forward momentum.

You may even be feeling, at this point, that it is an impossible task, that, whatever you do, life will never change. It could be that you have tried and failed, perhaps several times and you have been worn down so that you feel there is no longer any point in trying. Get some therapy!

If, like Winston Churchill, you can grasp an attitude of never giving up, you will get there. However long the journey, it is only ever composed of small steps. Lots of small steps make a journey but you have to just keep taking them. As long as you keep moving forwards, however long the road, or however high the mountain, you will get to your journey's end.

Have you really let go of the past? Do you still have work to do and tasks to complete? Perhaps there are still letters to write or conversations to complete? Some steps may not become clear for a while. No matter, you now have the tools to move beyond them as soon as they appear. It is the way, it is the path of life, and any obstacle that you meet is there to teach you something, to guide you and show you where you should be going.

Some rules to living in the present:

- » Be honest with yourself and where you are up to
- » If you are still holding resentment, anger or criticisms of others, then you are living your old paradigm
- » If you are unhappy or frustrated, then you are living your old paradigm
- » If you are in any way moaning, complaining, gossiping or bitching, then you are living your old paradigm

To move into your present, you will need to...

- » Ensure that your past is over, that it is completed and done
- » You may have an awareness that things need to be done, that changes need to be made, and you may realise that you have some way to go
- » When you are focused in the present with gratitude for all that you are and have, life is a joy, not a burden

The idea of considering whether or not the world or universe is a safe place is an interesting one. Our attitude to this fundamental issue affects so much of how we think and what we do. To the mind that lives in safety, a journey across the world is a never-ending stream of wonder, an opportunity to explore and discover. The mind locked in fear never leaves home. It lives within the safe bounds of the limited knowledge of 'what we know'.

The myth tells us that 'over there, there be dragons' and so we don't go that way, we stay at home.

There is a point in all lives, on all journeys, where who dares wins. If we all lived within the confines of what is known, we would not have the wheel, the sail, the plough, or any of the wonderful machines that have fallen from the wonderful creativity of the human consciousness. This creative power and drive can create heaven or hell. If we believe that the world is unsafe, then we are right, it is.

The point has to be, how have you programmed your mind, your expectations and subsequently your experience? Unless you have programmed your awareness to pick out and live a life of safety, then the world might be as unsafe for you as it could possibly be.

## **FEELING THE SAFETY OF NOW**

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Whatever your past issues are, or indeed your present issues in the 'now', at this very moment as you sit here reading this, you are completely and utterly safe. Nothing can hurt you, nothing can harm you, and nobody needs or wants anything of you. You have nothing whatsoever to do but to be relaxed and at peace, getting all that you can from this step in your journey. It should be a pleasure and a joy of self-discovery.

If you are not in the state that I have just described, then you are allowing the residue of your past paradigm to infect and pollute your present. Either that, or you are projecting into a future that may never happen and living it as though it is happening right now.

In fact, if at any time in your life, you do not feel the peace and harmony of being in the right place at the right time, empowered to do and be whatever you need, then you are allowing your unresolved paradigm to pollute and infect your present. You are what you think. You are what you imagine. The world always becomes what you expect it to be.

Do not think that we are being unrealistic, difficult things will happen in your life. There may be times when you are challenged to points beyond your expectations of yourself. If you hold a positive expectation, you will find resources that will enable you to resolve and overcome any difficulty that you find in your path.

## REFRAMING YOURSELF

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Your mind is a monkey, it will play games with you unless you get to know him/her and keep the door of the cage shut. We say, 'the devil finds work for idle hands'. What we really mean is that the unattended mind will ruminate and play all sorts of games, create all sorts of worries and anxieties. The mind that is under control uses the same amount of energy to create positive dreams as the mind that is out of control and creating negative dreams. All outcomes are the result of the images that we hold. Wonderful images create wonderful futures through incredible dreams and visions.

I encourage my clients to name their monkey. This is not some strange multiple personality disorder, but a simple way of identifying an aspect of our self that needs to be taken in hand and controlled so that it works for our benefit. My teacher asked me to name my monkey. Mine was a dark, mischievous monkey that liked to play dark thoughts through my mind.

I named my monkey 'Eric', and I apologise to anyone of that name, please do not be offended. The name just popped into my head and he has been Eric ever since. The naming of your monkey has several benefits. Firstly, you develop a clear identity of that aspect of your mind, and you are then able to separate it from the other parts of yourself. Secondly, it enables you to deal with that difficult part of yourself, and here, there are certain rules that are helpful.

## COUE'S LAW OF REVERSED EFFORT

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Emile Coue, psychologist, did work on how the unconscious, or subconscious, mind accepts and rejects messages. His main finding, that is relevant to us, is that the unconscious mind will only respond positively to positive messages. So to still your monkey, you will need to love it back into its cage. If you fight with it or get angry with it,



*THE  
FIRST  
REQUIREMENT  
FOR  
SUCCESS  
IS  
HAPPINESS*

then it will simply fight back and get stronger.

For example, if I have someone in hypnosis and I say to their unconscious mind, 'You must never smoke another cigarette as long as you live', the chances are that the person will go out and smoke even more cigarettes. If, on the other hand I say, 'You will get a lot of pride and pleasure from no longer needing to smoke', the chances are that the person will stop smoking.

## **LOVE YOUR MONKEY, LOVE YOURSELF**

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This is very important to our task. If, when things go wrong, or you do not seem able to get things right, getting angry or upset with yourself will simply just make matters worse. Your monkey will get stronger and stronger and fight back. Learn to love your monkey, to love yourself. It is then that you will experience positive change.

To get to know your monkey, you need to listen and observe yourself and your responses to others. As you become more aware of yourself, listen to what you say and think. Decide if you like what you hear and see, and if you want to change, it ensure that everything that you say, think, feel or do is positive. If you find that you are being negative in any way, stop and reframe what you have just done. To reframe, you need to actively think, feel or act in the opposite way to that which you wish to change. If it is a negative thought, replace the negative thought with a positive one. You might need to say the new thought out loud so that you are able to hear it.

If you are feeling bad, then look at what you are thinking about. Are your thoughts creating negative feelings? If your thoughts are negative, then reframe them. If your feelings have no basis that you can define, then change them by thinking about something good. It is useful to have some positive things to use as negativity busters. These may be memories, pictures, people, jokes or songs; whatever



they are, they are things that make you feel good. Using a gratitude stone, meaningful object, worry bead or touchwood, can bring you to a positive state of mind.

Throughout time, people have used objects, potions and ceremonies in the belief that it will change their luck or good fortune. Of course, they were right to, Not because the object has magic properties, but because they have a relationship with the object that creates a good feeling of positive expectation within them. Remember, thoughts become things!

If you hear yourself saying anything negative, stop and reframe those words; do not give the negative any house room, allow only the positive into your life. When you say something, it means everything to you, it confirms your beliefs. Change what you say and you will change the meaning of your life and your relationships. If you have said bad, negative or hurtful things to other people, even if you did not intend it, apologise and make it right.

If you have acted badly or insensitively, either deliberately or accidentally, then apologise, and make it right. Put right all that you do wrong.

The law of karma states that 'to every action, there is an equal and opposite reaction'. This is no different to the Law of Attraction. If you do bad things, in thought, word or deed, there will be an equal and opposite reaction and you will be attracting back to yourself what you have just given to others.

You have the power to change your life right now by changing how you think, feel and act. However, you only have that power in the now. You cannot change the past and you cannot change the future. There can never be 'free beer tomorrow' because tomorrow never comes, just as there can never be 'free beer yesterday'.

## CHOICE

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It is so very important that you acknowledge and accept that your life is the result of the decisions and responses you have made to every experience and event that you have encountered. You may feel that what has happened to you, up to this point, was not what you chose. Well, I have to tell you that it was, though it may be that, through lack of awareness, you did not realise this. From now on, there are no excuses. If you simply do what is asked of you in this book, your life will change. You now live in a world of choice.

If your world continues to be not what you want it to be, then you must accept responsibility for it. If you choose to live a life of pain, misery, unhappiness, poverty, lack and deprivation, it is through your choice. This programme is about how to be different and how to move into a life that is happy, abundant in all things, and is ultimately fulfilling.

## HONESTY

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A teacher once said to me:

*‘When you are honest, you have nowhere to run  
and no need to hide anything.’*

To say that we lie sounds a bit heavy, but we all have an interesting relationship with the truth. The story that you recount of your experience is tailored to fit your needs and your understanding of events. It goes without saying that your experience is coloured by your paradigm. The more awake you become, the clearer is your perception and the nearer to the truth you get.

The science of Kinesiology tells us that when we do not tell the truth, or have bad thoughts or feelings, it has a negative effect on the

cells of the body. The muscle resistance test is used in acupuncture, chiropractic and osteopathy as a diagnostic tool and is also the basis of the lie detector test. In Kinesian psychology, muscle resistance is used to measure the extent of someone's negativity and positivity.

The subject stretches out their arm while a tester creates a simple muscle resistance on the arm. The tester asks a question, 'Think of someone you love', and feels the level of resistance in the subject's muscles. Next, the tester asks the subject to visualise and focus on someone they hate, such as Hitler, Stalin, etc, and measures their muscle resistance. Commonly, the ability to resist the same pressure, when focusing on negative thoughts and feelings, diminishes.

What Kinesiology shows us is that our thoughts and feelings directly affect our body tissues and that positive thoughts of love and well-being increase our strength and vitality. They also strengthen our immune system and our ability to overcome disease. If we continue to harbor negative thoughts and feelings, it weakens our body and our bodily defences.

The worst form of negativity is that which you hold about yourself. Self-love is not a luxury; it is a necessity. If we go back to the morning mirror exercise, you can begin to see that giving yourself positive feedback is vital to a real sense of well-being.

So in the present, the issue is about this simple question...

## **WHAT DO YOU REALLY WANT?**

You know what you have had. You know what it is like to live the life that your paradigm once dictated. Is that what you want or would you like it to be different? Your choice is either same old, same old, or it could be fulfilment.

## WHAT DO YOU REALLY, REALLY WANT?

To do this exercise, you need to think outside of the box, you need to go for broke, be bonkers, to be as extreme and as mad as your imagination can go.

### TASK

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If you could have anything that you want, what would it be?

Do you want things, money, people and relationships? Do you want to create, paint and sculpt? Do you want to be the best? Do you want to save the world, start a charity, climb a mountain, learn to fly, be loved, write a book? Find out what it is that you really want because now you can have it.

Use your journal to record your deepest desires as honestly as you can.

### MINDFULNESS

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To live in the now, you need to become mindful. Mindfulness is having an awareness of who you are, where you are, what you are doing and the effect that who you are is having on the world around you. All and every act that you undertake can be done with mindfulness.

When you walk with mindfulness, you develop heightened awareness of the sensation of your feet on the ground, the feelings in your muscles and joints, your breath and heart beat. You have an awareness of the world around you: the light, temperature, the breeze, and smells...

When you eat with mindfulness, you eat with gratitude. You eat with your eyes and your sense of smell long before you taste the food. You appreciate all the work, effort and time that enabled the food to be there on the plate in front of you. When you put the food in your

mouth you take time to savour the tastes and textures. You spend time chewing your food. The food is not simply fuel, it is the essence of life.

When you live in a state of mindfulness, your entire existence happens at a higher level of vibration and appreciation. In mindfulness, we do not hold on to the negative past, or worry about the future; we live in a world of gratitude that includes the love of self, we live in the now.

A collection of black geometric shapes, including circles and hexagons of various sizes, scattered across the lower half of the page. Some shapes are solid, while others are hollow. The shapes are arranged in a way that suggests movement or a dynamic composition.

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# CHAPTER 4 TASKS

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## *Daily Tasks*

LIVE EVERY MOMENT IN THE NOW,  
**WITH MINDFUL AWARENESS**  
LOOK AT YOUR SURROUNDINGS IN MINUTE  
DETAIL AND BECOME ONE WITH THEM

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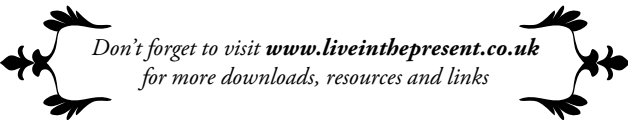
## *Thoughts*

IF YOU COULD HAVE ANYTHING THAT  
YOU WANT, WHAT WOULD IT BE ?  
**USE YOUR JOURNAL TO RECORD YOUR  
DEEPEST DESIRES AS HONESTLY AS YOU CAN**

To live the law of mindfulness you need first to confirm to yourself that the past is gone, that the future has yet to be, and that all there is, is now.

Look around you and anchor yourself in your now. As you move on from this moment in your life, decide that you will intentionally live mindfully in the now, and get the maximum that you can from this and all other experiences.

With strong determination, go forward to live your life this way with awareness and alertness and move on to the next step.



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