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# Foreword

*Consider our youngsters; they do not have a care in creation as they live for the moment. I question why we don't learn from youngsters instead of going between past tense and future tense. Recognizing that the past is defunct can't be rewound and the time to come is yet to come along. Human beings by nature feel comfortable and unquestioned in memorizing past and designing future. May we ever augur precisely what will occur in the next minute? Yet our brain never stops supposing and planning future illusions. Some one has justifiably stated, 'Are we only worried with adding days to our life, and forgetting to add life to our days'?"*

## *Present Power*

*Harnessing The Moment For Maximum Results.*

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# **Chapter 1:**

## *Acceptance*

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# Synopsis

*Living with acceptance isn't effortless.*

## Reality

One needs to bear courage since human beings by nature are in the habit of labeling, criticizing, giving alibis and finding flaws. Acquiring a mind-set of acceptance assists us in marching on in life. Likewise do not dream about what you are going to do once you make a lot of money, have a lot of time for meeting desires and wants and so forth. Beleaguered by life's complexities, we draw a blank when it comes to feeling the instants that make up a day.

It is more common for us to state "When I have bunches of income, I will make sure I do this and that". However what stops us from bringing in that income at present. Holding off depicts our favor for future tense over the present tense.

As an alternative, center energies in what you have right at present and make the most use of it. Being in the past is a great pass time particularly if the past was more beneficial than the present. We are overly glad to share with individuals "I used to be this and that. We had a huge ancestral house and so forth". But these realities are irrelevant in the present tense context. No body is concerned with peeping into our past.

Individuals assess us on our present tense. Our thinking of past is only a distraction. Yes future tense is hope. Remember just hope. We are not certain whether that hope will happen or not. Accepting the final result of our efforts and not equating it with our expectations helps in coping with the reality.

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## **Chapter 2:**

*Setting Goals In The Now*

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# Synopsis

*In order to execute work (karma), the arranging of goals takes on a grandness.*

## Goals

If for a minute if we think a goal free life, living would mean aimless wandering. Even older individuals have a goal to stay and continue being fit. The idolized saints have a goal of self-realization. Our life goals allow for us to have a mission to live to accomplish these things. We don't day in and day out live for ourselves solely.

When we set goals whether these are personal/ loved ones or work associated, it is part of our duty to carry through with them. All the same, it is practically inconceivable to accomplish long-run goals in the present tense. Preparation of course is conceivable in the present tense. The aim of our goal setting should not be linked up with future tense. It should act as an aid in bettering our quality of life and centering in the present. Of course when goals happen, these rightfully become more realistic and bring in the sought after results.

Embracing a goal-setting mind-set in the present tense at first appears hard. As we practice, it will get to be a part of our total objective of living in the present. The long-run goals might be broken into components for easy acting upon and accomplishing. Set about the part of goal which is of interest at that minute instead of rushing on to a different part of the goal.

When living in the here and now, do not rush forward, as an alternative follow your instincts. Preparation of goals and working on these has really got to be open-ended. Somebody has justifiably stated that 'goals have to be arrows down a possible course, but not the course itself.'

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# **Chapter 3:**

## *Change Thinking*

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# Synopsis

*Living in the here and now expects us to have detached thoughts, feelings, notions, and emotions of past tense or future tense and come with a fresh thinking pattern and desires.*

## **Don't Fret**

Living in the here and now, step by step leads us to live every day with regenerated vigor and a calm mind crucial for a healthy and happy living. Our Life travel becomes effortless and turnarounds ahead get to be manageable. I am reminded of a quotation, "If you're not certain you made the correct decision, then make the decision you made correctly". Living in the here and now does not propose delaying maneuvers to avoid decision making for dread of turnarounds. It instead promotes making decisions in the here and now.

Errors are bound to happen which may be rectified at another time. Living for the time being calls for attending to tasks at hand instead of leaving these for tomorrow. Because there might or might not be a tomorrow.

For instance conceive of the possibility that we're told that the Earth is coming to an end today at twelve midnight. Our quick response would be fright and deep concern for getting to be near our loved ones. But after some time we will recognize that everybody is going to pass away. Why fret? From time to time several concerns or troubles might occur at the same time. Attempt to refocus on the trouble/ task at hand at that very instant. Recurrent practice will help in acquiring skills for handling one issue at a time.

The big picture. When you're having problems looking on the far side of the little things that are getting to you, there's a good chance you aren't looking at the greater picture. This greater picture is any state of affairs; all you have to do is look for it on a regular basis.

Understand that they are small things. The more you minimize the size of the thing you're having problems with the better you will feel about the total situation. If it's something that somebody else may take care of, let it be. Do not try to command every little matter in your life, or you might wind up losing your mind. Sit back and don't fret.

Let it depart. If it is no use to you any longer, let it go with assurance and ease, do not allow it to steal back in by giving it power. These things might come in different forms, so be on the watch out for whatever form they may come in. Let it go and move ahead.

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# **Chapter 4:**

*Concentrate*

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# Synopsis

*Concentrating our energies on the here and now appears hard to begin with. But with repeated practice, we'll formulate a habit of shifting our focus from past and future to here and now.*



## Center

Change always fetches surprises. There's a possibility of our friends and loved ones laughing it away thinking that we're out of our mind. We need not fault them since our mind right from the outset is conditioned to consider the past and worrying about the future. We're generally unworried about the present and this moment and don't realize that it's the present where all actions are coming about. Every thing else is an illusion. Start trusting that the rising and setting of the sun is permanent and every thing is perishable eventually. Consequently why wait for tomorrow, do what is possible now in this instant.

The might to concentrate is a skill like any other. Although you might be frustrated in your attempts to center on a single task, you can't expect your concentration to improve without patience and practice. Begin by thinking back to a time and a place when you were able to center. Then set attainable goals to guarantee success.

Some individuals need the absolute quiet of a library to center. If you work better with some background noise, make your way to a café or turn on the TV.

Some individuals are sharpest in the morning, while other people require a few hours to wake up. Scheduling tasks after exercise is a good way to capitalize on the positive energy you have after a workout.

If you've a big project to complete, break it down to a series of jobs to be completed one at a time. If you've trouble getting moving, this will keep you from feeling deluged.

Individuals think about what they're looking at, so clutter makes distractions. Clear off unnecessary papers or magazines. When working online, only open your browser to the pages you need to view.

Begin by telling yourself you're going to complete one little task on your list. This will keep you keep you from being overwhelmed to begin with. By the time you ease into work mode you may find you've bumped off several tasks, or even your total list.

Reinforce yourself with a break between tasks. Utilize the time to get up and move around, call an acquaintance, eat a snack or do anything that will get you perked up for the next round.

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# **Chapter 5:**

## *Mindfulness*

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# Synopsis

*Living in the here and now is a reflection of mindfulness.*

## **Be Present**

It helps in centering and pulls in efficiency and concentration. For instance, if we have suffered a financial loss, it's high time to concentrate right away to recover instead of regretting the loss and centering on troubles. Accept what it is and make the most of it with the aim of making the here and now better.

Mindfulness meditation helps in progressing in life. However, it does not occur overnight. One needs to transform to this mode bit by bit. Be aware of thoughts and center on what you are doing right now in silence say for 5 to 10 minutes daily.

Mindfulness is an awareness that embraces the mental, emotional, physical, environmental, and spiritual senses of every moment. To be mindful grants us breathing space so that we may pause before falling back to our habitual, addictive ways of thinking, feeling, and behaving. Mindfulness substitutes judgment with open-minded curiosity.

Pay attention, utilizing all your senses to be in the here and now. Notice what you see, smell, taste, feel, and hear. Note also what you are thinking and what your views are about those thoughts. Notice what you sense emotionally, especially those feelings you don't prefer to acknowledge.

Realize that you're not your thoughts. By the very act of keeping an eye on what is happening, you've created some distance between you and your views. They're not you. Realize, too, that what you're experiencing is only part of what is occurring. For instance, if you're talking with somebody, your partner is having an experience of the

conversation and his or her experience is dissimilar from your own. Expanding our awareness implies recognizing that what we tell ourselves isn't the whole story and we may develop an open-minded curiosity about what else might be occurring in the moment.

Realize that a lot of your thoughts are about the past tense or the future tense. If you are able to stop attending to these thoughts and attend only to this instant, you'll see things in the here and now more clearly.

Accept whatever is occurring in this moment. You might not like it, you might have some strong feelings about it, but it's happening and accepting that fact is the commencement of being able to change. Among the best ways to develop mindful presence is by breathing meditation practices.

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# **Chapter 6:**

*Notice This Moment*

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# **Synopsis**

*A lot of individuals today are always on the go-trying to get here or there.*



## Notice

This instant is never acknowledged or accepted as they believe the thoughts that are someplace else may make them happy. "I have too much to do and so a great deal on my mind. I don't have time to be in the here and now." Such thoughts keep you separated from this very instant. This instant is all-important for being more at peace with what is. Being able to live in the here and now will help you be more effective in the matters you do day-after-day.

Centre on what is right now. Regardless how many times you consider being someplace else, you're still here right now. Thinking about where you need to be, what's going to occur, and what you are going to do when you get there may occasionally induce stress and anxiousness. The future is nothing more than a view in your brain. Try to let go of those ideas and center on this very instant. Whatever the future is, it will sooner or later be in the here and now moment-so just savor today.

Quit supposing! Supposing may occasionally take you off track of the here and now. You are the awareness-the observer inside. When you are thinking, the awareness is the conscience that recognizes you are supposing. When you are cognizant that you are constantly babbling in your head, try switching your awareness to your breathing. Attempt to be aware of your breath and how you breathe in and breathe out. This takes your attention away from your supposing and centers on the here and now.

Feel the life inside your body. Notice how your eyes blink by nature. Try wiggling your toes and your fingers at the same time. Gaze at your hands and feel the life. Are you holding anything? If you are, how

does it feel? Is it hot, smooth, and unsmooth? Feeling the life of your body likewise takes the attention away from your thoughts and brings you to the here and now. This is what you're doing right now. Stay in this instant and savor all that you are!

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# **Chapter 7:**

*Have Faith*

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# Synopsis

*Faith is the hope you bear for tomorrow.*

## **Believe**

You believe and you plan for your future, your expectations induce you to believe that your plans will become a truth. It is all right to plan for the future. It is all right to anticipate it. As a matter of fact, there are those that get charged up when they think about their brilliant future. Just do not harp on it. Remember too much of anything isn't beneficial.

Having faith when you are prosperous is not hard- having faith when the Earth seems to be collapsing is a totally different story. The beginning step in having faith in hard times is being cognizant of your moods. When the present time is good, you are happy--when times are foul, you are sad. Why not make the conscious decision to be pleased all the time irrespective of your state of affairs? This is a simple decision that will alter your life.

The 2nd step in having faith in hard times is being cognizant of how abundant our life is Are you fit? Are you married? Do you have a house? Do you have youngsters? Take on a position of gratitude--look at all the affairs in your life that are working and stop centering on the matters that are not.

The 3rd step in having faith in hard times is trusting in other people for reinforcement. You can't do it all and you don't know all the solutions so ask other people who may know more than you.

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# **Chapter 8:**

*Final Thoughts*

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# Synopsis

*Being in the here and now is not a wizardly formula which will solve all our ills overnight. It's a way of life and a more truthful alternative to 'Living in the past tense, looking at the future tense'.*

## **Lastly**

The here and now calls for conditioning our mind. As Mark Twain stated, I've known a good many troubles, but many of them never occurred. Individuals most of the time have imagined concerns. These concerns are only in our mind and might never occur.

Being in the here and now automatically transfers focus from concerns to make the best use of the here and now. Someone lately gave the nitty-gritty of living in the here and now, we're saints, and we eat lunch, not worrying for dinner. We rest, not worrying for bedding. We go on a pilgrim's journey not worrying for the journey or weather conditions. Our minds are absorbed in the moment. No wonder holy men are wiser and alert. They live more pleased, healthier, and longer.

Appreciate that our here and now is an out come of our success or failures in the past. Our future tense endeavors are based on now. The reality is that all the actions are coming about in the here and now. So make full use of here and now before it becomes past tense. The key to success remains to put our efforts into making the utmost of the here and now. Joan Rivers has rightly stated, yesterday is gone, tomorrow is a secret and today is a gift i.e. here and now". Altering our life perspectives at the start brings in pain and concern. However as we go along, we'll realize that switching gradually to the here and now gear, helps in reaching our life goals and betters our quality of life.?



## **Wrapping Up**

Live in the here and now. I know, I Understand, simpler said than done. Many, many individuals live in the past tense and the future tense all day long, without stopping to savor the here and now in the least. How I first learned to quit doing this was by slotting a little bit of my time every day out for specifically calling up damaging past events and worrying about the time to come. If those thoughts came up at any time during the day except for my parceled out one hour I would merely push them away telling myself that there would be time later to cope with it.

And in conclusion, tell individuals that you love them...and mean it! It's no secret, when we give freely of our love we're more likely to get a return on it. Telling somebody that you love them and hearing it in return secures and reinforces your place in this world as a favorable influence instead of a damaging and solidifies the here and now.