

GETTING HERE AND NOW

Much of the time, we are not fully present with ourselves or others. We are either stuck in the past, replaying old memories or guilt trips, or feeling anxious, fearful and worrying about the future. We can let go of guilt and regret from the past, and release fear and worry about the future, by getting into the present moment Now.



Get out of your head, and come to your senses!

Purpose:

To bring attention into the present moment.

Use when:

- Feeling stuck obsessing about the past or worried about the future
- Feeling dis-connected
- Feeling confused or overwhelmed

Common experiences:

- Feeling more centered and present
- Letting go of guilt, regret, fear and worry
- Feeling more balanced and resourceful

Steps:

1. Find a safe place, and sit comfortably
2. Turn off devices & distractions: cell phones, I-pads, TV, etc. Take this time to devote 100% of your precious attention to your Self. You deserve your own precious attention.
3. Breathe several long slow deep breaths, gently emphasizing the out breath.
4. Repeat the following sentences, 5 – 10 times each, out loud:
 - *Right now, I'm seeing*
 - *Right now, I'm hearing*
 - *Right now, I'm feeling* (Slowly name emotions you are feeling)
 - *Right now, I'm sensing* (Slowly name sensations in your body)
 - *Right now, I'm aware of* (Slowly name what's 'in your mind' now)
5. When finished, thank yourself, your body and your mind for working so well, and for the gift of Presence in your Life.

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