



Tips for an Extraordinary Life

Tips for NOW! *Living in the Present Moment*

*"All you really need to do is accept this moment fully.
You are then at ease in the here and now
and at ease with yourself." ~Eckhart Tolle*

About the Tips

Peace, joy, vitality, efficiency, connection with others, and a myriad of other benefits are yours by being in the present moment. I offer you this collection of tips as a way of getting there. Take control of your life by being in the present moment, being in the NOW. (For more information go to the Resource section of my website and read **WHY NOW?** *The Power is in the Present Moment* located in the article section. www.chrislucerne.com)

The techniques below describe simple ways of redirecting your attention to yourself. Please note that it is possible to be sensitively aware of you, in the present moment, and also be present with another person. The following techniques focus on being present with you. Once you have mastered this skill, it is easy to include others. Also, once you know what it feels like to be fully present, you will find it easy to step into that state whenever you wish.

Before and after each technique

Before you try on any of these techniques, please tune into yourself and scan your entire body. Notice what you are thinking and feeling emotionally. What are your body sensations? When you have completed the technique repeat the scan process. Notice the difference. Appreciate yourself for this gift of attention.

Tips for NOW!

Living in the Present Moment

Breathing Awareness

Close your eyes and place the entire focus of your attention at the tip of your nose. Begin to breathe and sensitively notice the air touching your nostrils as it goes in and out. Breathe deep into your belly and as you do, say the following out loud or in your mind:

- ❖ *With the inhale:* I breathe in peace.
- ❖ *With the exhale:* I breathe out tension (or anything else you want to breathe out)

Continue this practice for at least one minute.

Adapted from the work of Thich Nhat (Hanh)

Five Senses Awareness

Begin to release all thoughts by focusing your attention on each of your five senses.

- ❖ What do you see?
- ❖ What do you feel (emotions and sensations)?
- ❖ What are you thinking?
- ❖ What do you smell?
- ❖ What are you tasting?

Continue to rotate through the five senses for at least one minute.

Redirect Your Thoughts

- ❖ Ground yourself by planting your feet firmly on the ground.
- ❖ Tune in and feel yourself sitting in your chair or standing on the ground.
- ❖ Gently bring your thoughts inside of yourself.
- ❖ Take fifteen deep belly breaths while continuing to focus on sitting or standing.

Silent Observer

Imagine that you are outside of yourself up in the corner of your room. From that perspective, sensitively tune into yourself in the room. Describe in detail what you see. What do you look like? How are you dressed? What are your thoughts, feelings, actions? How are you moving? Do this activity for at least one minute.

Experience Sensations

Tune into a specific sensation you are having in your body. Perhaps it is a stiff neck, butterflies in your belly, or heaviness in your thighs. Imagine that the sensation is made up of a bunch of little tiny bits and those bits are doing something (squeezing, twisting, turning, grabbing, streaming, floating, etc.).

Now describe in detail what the bits are doing. Imagine amplifying what the bits are doing and tune in even more. Keep doing this for at least one minute or until you feel the sensation shift.

(Adapted from the work of Kathlyn and Gay Hendricks, The Hendricks Institute).