

Be in the Here and Now

Much has been written about this topic, but being fully in the present moment is sometimes easier said than done, as many can testify. We often find our minds are cluttered up with thoughts, whether these are re-hashes of yesterday, or concerns about tomorrow. We may find ourselves rehearsing future imaginary situations, and wondering how we will cope with what is ahead of us. Even if we sit quietly for a moment, we may find we are besieged by an endless stream of thoughts that seem all but unstoppable. So how do we put the brakes on? Do we give up trying altogether before we even start?

One solution may be to concentrate solely upon what we do in this moment. We can wash up mindfully; we can groom our pet giving them our full and undivided attention, or we can take a stroll in the open air, using all our senses to appreciate what nature has to offer. Alternatively we may sit and focus on how we are currently *feeling* – merely observing, not judging. This can apply both to our emotions and to our bodily sensations. We can try to focus just on our breath entering and leaving our lungs; notice the cooler air coming in on inhalation, the warmer air leaving on exhalation. Such exercises are very grounding, and can help to quiet the mind; simplicity may be the key. When you manage to achieve this moment by moment awareness, then you are more likely to be calm and resourceful. You will gain a sense of peace and equilibrium, and are less likely to get carried along by the tide of events.

So look to create moments of self-presence, where you really connect up with your inner-most being, and with the space immediately around you. In truth we cannot project ourselves into the future, but can only create it breath by breath. Draw in your scattered energies, and focus on your life as it is in this moment. The present moment is the only time in which you truly have choice, and the power to change things. According to Eckhart Tolle in 'The Power of Now', it is "in the now we discover that we are already complete and perfect". Surely thoughts such as this will make our mindfulness practice worthwhile, even if it takes a certain amount of patience and perseverance. Eventually we may reach such harmonious conclusions for ourselves.

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