



December 2, 2008

## LIVE IN THE HERE AND NOW

### What does living in the here and now mean?

This instant is the only moment you and I have – and now that moment is gone. The past is gone, and the future does not exist, we live only in the now.

I don't know if anyone lives in the moment all the time – I don't know if it is possible. However, with practice we can learn to live in the moment for longer than most and to become aware of when our minds are busy because that's a sure sign that we are not in the moment.



Do you remember a time when you sat in a meeting, but in your head you were behind your desk, worrying about a phone call? Do you remember a night when you had difficulty sleeping because of the next morning's confrontation? Even worse, do you remember a time when you kept yourself awake getting angry, upset and totally frustrated because of yesterday's confrontation? In situations like these you were not living in the here and now. Instead, you were creating unnecessary discomfort (or **stress**) for yourself. You were spending time stressing about what might not happen or about what had happened and was over and gone – not a good idea!

Many people live in the past, feeling guilty about what they have done and what they didn't do. They beat themselves up and moan about the 'should have' and the 'if only'. In fact they sound as if they suffer from should-itis. If you have been mistreated you don't have to give up the memory just the feeling. These feelings are '**racket feelings**' or '**the story**' you tell yourself and you are addicted to them. You may not like them but they are familiar and they are part of your story. If you want to change the story – if you want to feel different you have to consciously decide to do something about it.

### Tap on it

Even though I feel.....and it is an old feeling that I am bringing into the here and now, I deeply and completely accept myself.

### Mindful Breathing

The next time you become aware of dropping into an old memory and the unpleasant feelings that go with it, start to concentrate on your breathing and notice the sensation as the air enters your nose or mouth and fills your lungs, and as it goes out again. Listen to the sound of your breathing as you breathe in and out. Begin to visualise the colour of that air as it enters your nose and is breathed into your lungs. See the colour spreading throughout your body. As you focus on your breathing you are in the here and now. **Now notice what has happened to the feelings.**

### Awareness Continuum

This is another excellent technique to keep you in the present. Simply say, "I am aware of ..." then identify what ever it is that you are acknowledging. For example 'I am aware of tightness in my jaw,' I am aware of leaves rustling in the wind,' I am aware of the sound of my PC.' **As you say each of these out loud to yourself, you really are in the here and now.**

**Try it and see what happens**

## The East of Scotland NLP Practice Group

If you are interested in **NLP and Personal Development** why not come and join us on the **last Saturday of every month** except the last Saturday in December.

**10am - 1pm**

**The Eltham Suite  
Eric Liddell Centre  
15 Morningside Road  
Edinburgh**

This group was originally formed to provide a safe environment for practitioners old and new to practice NLP techniques and share ideas. Very quickly we were joined by people who were interested in NLP and had no qualification other than a willingness to have a go and if this is you, **you are welcome**. We do ask that each month you read up on the proposed topic so that you have some idea of what is going on. If you are looking for training or therapy, the practice group is not for you. We are a practice group only because in NLP we believe that **"the learning is in the doing."** However, in the process of **"doing"** you might be very surprised at the benefits you get while taking part in the exercises.

**Remember** - there is no practice group in December but we will be going out for our Christmas lunch after the January meeting.

**How about joining us?**

**If you are interested drop me an e-mail and I will pop you on the mailing list.**

***Wishing you all a Very Merry Christmas and a  
Happy and Prosperous New Year***

Sincerely,

Sheena Wheatley

Changing Perceptions

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