

The Power of the NOW

NOW Practices are activities that we're doing in our lives, everyday, anyway...but where we decide to consciously practice being MORE present in that activity.

1. Where do you leave the present moment, and go "unconscious"? (GROUP DISCUSSION)

- * any time - any where!
- * in meetings or conferences
- * when the topic of MONEY comes up
- * tired
- * Daily Chores - shaving, eating, dressing
- * Paperwork days
- * When exhausted
- * Eating when tired
- * Talking to people
- * when I'm hurt
- * negative self talk/ego based thoughts
- * when life occurs as overwhelming
- * when I don't want to hear what people are saying!!
- * when I don't want to DEAL with something
- * when I'm not ready to "make nice"
- * boredom/not stimulated
- * feeling obligated
- * overwhelm seems to be a big stimulus for many
- * getting caught up in the thought or inner dialog
- * having more to do than time is allowing
- * listening to the morning news
- * making coffee
- * thoughts of trying to get it perfect
- * beating oneself up

2. Why is it so important to focus on the present moment? (GROUP DISCUSSION)

- * Now is all there really is.
- * If you don't use it, you lose it
- * past -- regret/judgment/would've/could've/should've
- * future -- worry/anxiety/fear
- * in the present we connect to our core

- * in the present we're more aware of our intuition
- * more peace
- * It's where we are.
- * life happens in the present - don't want to miss it
- * there is POWER in the present
- * the present is a GIFT
- * this is where are greatest connection to spirit lies
- * Joy happens in the present moment
- * less likely to make stupid mistakes
- * more animated, charismatic, attractive and alive
- * not being present shows a lack of respect to others
- * memory better

3. How to Cultivate "Being Present" -- 5 Keys to Play With

a) Engage the senses

- What do you SEE, right now?
- What do you HEAR, right now?
- What do you FEEL, right now?
- What do you SMELL, right now?
- What do you TASTE, right now?

b) Gratitude and Appreciation

c) Connect to the Body and Self

d) Connect to something outside of yourself -- "connection"

e) Embrace Reality -- without resistance. 100% alignment means 100% presence.

Conscious Commitment #1 - Identify 20 of your current "unconscious", "partially conscious" or "conscious practices". See page 78 in *The Power of Inner Choice*, or simply list and send to the group.

Conscious Commitment #2 - Select TWO Now Practices to cultivate consciously over the next 90 days.

Some examples: Showering, yoga, Eating, Listening to spouse, Driving,

Emptying the dishwasher, morning preparations, making bed, sweeping the front walk, focusing on a candle, lunch on the patio, 1 minute at the top of the hour.

You can post your answers here below -- or go to the discussion topic for this assignment.