

Mary Allen: Okay. Let me officially welcome everyone to tonight's call. This is Momentum Mastery Monthly, and this is our Inner Peace call of the month and our topic is all about *Mastering the NOW*. I want to welcome all of you back. Whether you're listening to this as a recording on CD or live, I'm really excited to have you here and really get into today's conversation about mastering the now.

So we've all heard of Eckhart Tolle. I dare say that everybody on this call, anyone that's listening to this as a recording has heard of Eckhart Tolle who is author of *The Power of Now* and *A New Earth* and has sold over three million copies of *The Power of Now* since 1999. It's available in 33 different languages.

So this whole idea of *The Power of Now* is an idea that's resonating really deeply with a lot of people and you may have found yourself in one of those categories. However, if you're at all like me, maybe you have noticed since learning that about *The Power of Now* that there are times that you go unconscious.

In a moment, I'm going to open up the lines, and we're going to really explore that conversation of, "Where is it that you leave the present moment and go unconscious?" Are there times when you're listening to a loved one and notice all of a sudden that you've missed entirely what they said or maybe you noticed that you're caught up in mind chatter and ending up missing other large chunks of your day. Maybe you're noticing that it's challenging to focus on a single path long enough to get it done. You wonder, "Where in the heck did that day go?" Of course, I don't know of any human being that hasn't had the experience where he has been driving and all of a sudden, he misses his exit because he was caught up in a daydream or some other thoughts, otherwise not present. Or you can't find something that you thought that you knew exactly where it was. Right?

We notice that there's so many distractions keeping us from the present moment. Instead of hearing what things *I* have gone unconscious about, what I want to do is open up the lines and hear from those of you listening live. Where do you go unconscious? I'm going to open up the lines and if you're in a noisy area, you can press star six right now to mute your lines. Fantastic. So let's hear from some of you. Where do you leave the present moment and go unconscious?

Michael: This is Michael.

Mary Allen: Yes, Michael.

Michael: Hi. Yes, it happens to me just about any time anywhere.

Mary Allen: [laughs] Anytime, anywhere, okay.

Michael:: In the middle of a sentence, in the middle of a thought. What were we talking about?

Mary Allen: You know what? I love your honesty, because the truth is, I have noticed it, how it can happen anywhere, any place, anytime for me too. Very good.

Catherine: This is Catherine, and I know that at times, the biggest challenge is to try to pretend that you did know what they said. So you don't have to admit you weren't listening. You realize that you've missed a whole segment and then looking over there and my husband kind of knows I spaced out, and I'm trying the best I can to remember the context or something.

Mary Allen: Yes, it's like "What was happening at the beginning of the conversation?"

Catherine: Right.

Mary Allen: Oh, yes. My husband can totally tell when I have that, and he'll even sometimes just stop talking midsentence.

Catherine: That's a good strategy.

Mary Allen: Yes. Who else? Where do you leave the present moment and go unconscious?

Cindy: Hi. This is Cindy. I'm the worst at that when I'm in meetings at work or on conference calls at work.

Mary Allen: Meetings and conference calls, yes, that can happen. Who else? Where do you leave the present moment and go unconscious?

Gaile: This is Gaile.

Mary Allen: Yes, Gaile.

Gaile: I just had this experience so I know that I frequently go unconscious when the topic of money comes up.

Mary Allen: Topic of money.

Gaile: I can barely hear it sometimes.

Mary Allen: Yes. Got you on that. And maybe that bleeds into anything else that maybe we don't want to deal with. It's a good strategy, right? We'll just – like an ostrich, put our head in the sand type and thanks for sharing that. I really appreciate the vulnerability and the honesty here on this call.

Here's another time. I know I'll go unconscious if I feel bored or not stimulated enough on the outside sort of retreating to my own mind as a greater source of entertainment.

Michael: This is Michael.

Mary Allen: Yes, Michael.

Michael: I'll give you a couple. One is when I'm tired.

Mary Allen: Good one.

Michael: And two is when I'm trying to do more than one thing at a time.

Mary Allen: Oh, another good one. Yes. Yes. Those are big ones. I'll add when life occurs as overwhelming, it's easy to go unconscious. It kind of makes sense, right? Hard to be present when there's multiple things, even more than one thing going on.

Female Participant: Yes.

Mary Allen: Beautiful.

Michael: Absolutely.

Mary Allen: So, as we're exploring where we leave the present moment and go unconscious and for everyone here to be jotting down and making some notes, where that can happen and when you believe you're thinking, when you're not believing in what you're capable of.

Michael: When I'm taking notes.

Mary Allen: When you're taking notes. Very good.

Michael: Again, trying to do two things at the same time, you know.

Mary Allen: Yes. Very good. So, if we're focusing on mastering the now, why is it important to focus on the present moment? What's available if really we're to master this thing called the present moment?

Male Participant: Self-awareness.

Mary Allen: Self-awareness. Awareness truly does occur in the present moment.

Male Participant: It's where we live.

Mary Allen: It's absolutely where we live.

Gaile: I've heard that it's all there is. So it's like our access to everything.

Mary Allen: Right. It's all there really is, our access to everything, and I certainly would say our access to our place of intuition and creativity for working on a creative project. We can just be totally present. This is where we can connect more deeply with loved ones and have them feel heard and understood. This is really where we access our greatest source of power whether you're working with a client or giving a presentation. This is really where the power flows through. Of course, since this entire series of Momentum Mastery is about creating and sustaining success and inner peace, we may come to learn and find that the more we dwell in the present moment with our attention, that the greater inner peace that we have and we experience. So what else what you – what you want to focus on the present moment and mastering the now?

Gaile: I was just going to say how you feel right now is truly what's bringing you your future. So whatever you have going on right now, whatever you're focused on right now is what you're going to bring to your life later.

Mary Allen: Yes. Yes. True enough. Where attention is absolutely helps co-create the future. Yes. So why is it more – so why is it so important to focus on the present moment, to master the now? One thing I'll add here is that I find that the more present I am, the fewer stupid mistakes I make in life. When my attention is being consciously channeled, there seems to be a little more conscious choice with that as opposed to just things happening in an unconscious manner, even memory is better. We're going to shift in to talking about some skills about being present and as you begin to flex these five keys to play with about being present, what you'll find is that your memory becomes better. You begin to notice more and more

things that otherwise would go by the wayside. There are more things that get drawn into your field of attention.

So anything else that someone would like to add about why it's important to focus on the present moment, why we want more of that. Okay.

Michael: Well, I have something. But you know what? It left me already.

Mary Allen: Okay. Well, is it ...

Michael: And that's a good reason for focusing on the now, because now is all we are. Oh! I remember. Stress. If you're focused on your past, the future and now, that can be very overwhelming.

Mary Allen: Definitely and actually, the only way that we can get to a place of stress is by either resisting the now or resisting the past, resisting the future, otherwise being caught up in thought. When we're really truly in the now, with all of our energy here and attention here on the now, it's actually pretty hard to experience stress.

Michael: Yes. I can't begin to tell you how many times it has happened to me. I have had a situation, and I've started thinking about, "Well how am I going to manage to do this on an ongoing basis?" And then I started thinking, "Well, if I can just get through it, this right here and now, tomorrow I can worry about what I'm going to do tomorrow," and the stress just leaves me.

Mary Allen: Absolutely.

Michael: It's great.

Mary Allen: Absolutely. And there's more of us available to take on any given project if we can just direct all of it to the here and the now. Sometimes, it blows me away how much can be accomplished when there's no other distraction – no worrying about the other 29 items or 100 items on your to-do list. If you're just focused on the one, there's almost a sense of timelessness and ease and effortlessness and accomplishment.

So, good. So all of this sounds like a pretty good case for mastering the now. So, let's talk about five keys that you can begin to play with in being more present and then we're going to give you an exercise that you can take on.

So, key number one and with each one of these keys as we're each listening in to this space, we can actually begin to lean into each one of these five keys. So the **first key** is about **engaging the senses**.

So, engaging the senses. For sitting here and listening to this call, maybe open your eyes. And what do you see right now? What's before you? Taking inventory of the colors and the shapes, how much brightness there is, how much natural light. My desk, I'm looking at a glass of water, a crystal ball sitting on my desk, books on my shelves, my brand new golf course view, the purple flowers. What do you see?

And then notice what you hear in your environment. As you're hearing the sound of my voice, what else do you hear? Maybe the hum of a computer in the background or the tick tock of a clock. Is there road noise where you are? Really just get present to the sounds in your environment.

And what do you feel right now? Just getting present to physical sensations in the body. Is there any tightness anywhere? Noticing are your legs crossed. Are your hands or arms touching something? Just checking into physical sensations of how you're feeling.

And what do you smell? Just noticing if there's dinner being cooked in the background, the scent of flowers, the smell of fresh air. And what do you taste? A cool glass of water as I take a sip. A piece of gum or a mint? And just resting into the sensations in your body, witnessing the sensations in your body. So often we're in the experience of them, and we're so caught up over there looking yet we're not really aware of the actual looking. So that's key number one is engaging the senses.

Key number two is gratitude and appreciation. If you're finding yourself in a place of distraction, in a place of overwhelm, just bring yourself down to a place of gratitude, getting present, taking inventory of all that you have to be grateful for and appreciate in your life right now. So, take a few minutes right now and just even reflect around your room and your life. Just getting present for all that you're grateful for.

Then, key number three is about connecting to the body and self. Very often, as we're moving through life, it's very easy to spend time upstairs in the head. For many of us, our point of attention isn't even quite in our heads. It's somewhere above our heads. We're not even physically in our bodies, which is one

reason exercise and activity is such a phenomenal thing to do on a regular basis. So, right here, right now, just step into your body. You may already be there by engaging the senses, but really notice your feet on the ground if that's where they are, feeling the breath rise and fall, feeling the core of your being, just really stepping into and energetically being present in your body.

And we move to **key number four which is to connect to something outside yourself**. So a lot of teachers talk about meditation. I love meditation, and meditation isn't necessarily a way to practice being present. It's a way to practice calming the mind, but being present means you're connecting to something outside yourself. So, wherever you may be is to connect with an object outside of yourself, maybe a candle, looking at a candle on my desk and just for me to get really present with this one object. As I focus my energy and attention there, I'm beginning to flex that getting present muscle, connecting to something outside ourselves, and we noticed this also when we're in exchanges with other people as well.

How is it to really be connected to who we're speaking with as opposed to sometimes the more surface conversations that can go back and forth and we sort of know the words to say at an unconscious level. Hi. How are you? How is it going? Oh, good. Right? As opposed to really stopping and being present and fully connecting to who that other human being is on the other side, looking into their eyes, like really getting a sense of who they are, their energy, their being, the sweetness of who they are.

And then we get to **key number five**. This is one of my very favorites and that is **embracing reality**. So, if I'm present to a room full of people, and I'm noticing the colors and the shapes and the sounds arising and the smells and the feelings and sensations in the room, and yet, I'm resistant at some level. I'm not embracing. Either there's too much noise or I don't like the music that's on or there's something else going on in my environment that I'm resisting. It's a very quick way to check out. As soon as we step into a place of resistance, we disconnect. We disconnect from our place of power. It's tough to stay in our power when we're in a place of resistance and of course, any of you that have been at my Awakening Beyond Achievement events know we talk about all the different facets and flavors of resistance.

We'll actually be doing a call in Momentum Mastery in one of the upcoming months just focusing 100 percent for an entire hour about resistance and all of the ways that it can rear its little head,

but just to notice that when we start resisting, we start checking out which is why when we've got more than one thing going on, we're paying attention here but then we're also paying attention here. We're resisting giving our full attention to one object. We've already diluted our power.

So just having these five keys in mind is going to be really useful as you move forward over the coming week in your dance of exercising that being present muscle. So what we're going to step into are two assignments for this week. The first one and both of these are in the book, the *Power of Inner Choice* which all of you that are listening to this should have a copy in your hands. If you don't, it's either in the mail on its way to you or will soon be. You can also always go to the e-book version in lesson number one. At the end of lesson number one, you'll see both of these assignments that you're going to be focusing on over the coming week.

So the first exercise is about identifying 20 of your current practices in life. We're going to label these three different ways. There if you look at what are your practices in life, what are you doing everyday on a regular basis? You'll find this in page 78 of the *Power of Inner Choice* and notice – so you'll make a list of your 20 practices and then label them– are they unconscious? Do you do them partially conscious or are they a fully conscious practice?

So for example, if getting ready in the morning or brushing your teeth is an unconscious practice, then you would label that as that or watching television or sometimes driving the car believe it or not has made a lot of people's unconscious list. Then there's partially conscious. Yes, you do with some degree. Maybe you're preparing breakfast in the morning. Maybe it's about communicating with your kids or your spouse or your partner. Maybe it's exercise. Then, look at which of those practices are conscious practices where they really get your full on attention. If you're a coach, oftentimes, one-on-one coaching can really elicit full consciousness. I've had quilters tell me that's one of the places where they bring their full attention. Yoga can be a fantastic place for full presence. Just spending time in nature is a time where, you know, presence can just expand.

But just start with this exercise number one, identifying 20 of your current practices. Label them as either conscious, partially conscious, or conscious practices. If you're willing to share in the forum, of course, we would love to see that. It inspires all of us to

see what other people are doing, and it also sets a benchmark of where you are right now and moving forward.

So here is assignment number two. We're going to talk about *NOW Practices* and many of you may know what a *NOW Practice* is already if you've read the *Power of Inner Choice*. A *NOW Practice* is simply taking something that you're doing in your life everyday anyway so any one of those practices that you just named could be a now practice. It's something that you do everyday anyway, but you make a commitment to consciously be more present while doing that activity.

So for example, I believe showering was one of my very first *NOW Practices*. So we go back to the five keys of being present. Engaging the senses. So what am I seeing? All the colors and the shapes of the shampoo bottles. The water flowing. I'm *seeing* my shower curtain, what am I *hearing* as the water is streaming down and how this sound changes depending on how it hits my body and lands on the ground.

You know, how I *feel* the heat of the water, the pressure, the sensations as I build up the lather and the shampoo on my head. You know, are there any sore bumps as I'm massaging my head? Does it feel really good? What do you *smell*? The scents of soaps and fresh water. Hopefully, you're not doing much tasting in the shower, since taste of soap doesn't taste so good. So that's an example of showering as a now practice.

We can also look at listening to a spouse. One of my early on *NOW Practice* participants committed to listening to her spouse as her *NOW practice*, and she had been married for about 17 or 18 years. When she came back after her first week of *NOW practices*, her first comment was how horrified she was at how checked out she had been. So it's the idea of really taking on a *NOW Practice* and really deciding to devote 100 percent attention and focus on listening to her husband, which turned out to be a really profound experience.

What happened over time is this one little practice ended up completely transforming their relationship. He felt more heard, more understood. They connected more deeply, because she was really present and available in that relationship. Here's a relationship, 17 or 18 years old that can be transformed just by bringing 100 percent of presence to. Lots of my other clients, we have them focus attention, being present with their kids. One woman, a mother of three, after a few coaching sessions, we gave

her some now practices. She said that this one idea has been worth all of the coaching, because she feels like she now can connect with her kids. She's available to them, because she like most other moms had so many other things to keep track of—organizing in her head that there wasn't really the actual time where she could be fully present and attentive to her children. We all know that when you really give that attention to kids, magical things can occur.

I've had other people take on things like exercise or spending time with their pets. Somebody asked, "Well, can you adopt a now practice towards something that you don't really like very much?" And I think that's often a good idea because when you bring presence to something, it actually begins to transform the experience.

So, one couple ended up taking on emptying the dishwasher as a now practice, because it was just not their favorite activity at all. But as they think about it, as you get present with emptying the dishwasher, okay, there's all kinds of engaging the senses, all the shapes and colors. Right? But there can be a sense of gratitude and appreciation for the dishwasher, for having glasses and plates, silverware. It can be an opportunity to get back connected to the body and the self, really being in your body as you're emptying the dishwasher. Sounds simple and crazy, but it actually can be very transforming, connecting to something outside yourself. Of course, being in your body and being connected to your dishes so they won't be dropping on the ground somewhere.

And finally, embracing reality without resistance. Seems simple enough. But what is it to do an activity with no resistance, to just be in the joy of it unfolding, of it unfolding and passing and occurring? Another fantastic one is eating as a now practice. There are whole diet regimens that focus exclusively on just being present with food. Noticing, number one, that what you put into your body, you're really enjoying and is also good for you. Noticing as you're eating when are you feeling full and to make the choice and to stop?

For me, one of my rules around eating is there are certain foods that if they're just sort of average and particularly if they're unhealthy, I won't eat them. Certain breads that – I'll only eat bread if it's just really off the charts delicious. I want to conserve my calories to be all – something I enjoy. If it's not good, why even – why put it in our bodies at all? Of course, if it's really nutritious, then I get to be really present to the nutrition value and so forth. But eating can be a really interesting now practice.

I've had several clients that have said, "Oh my gosh, this one place where I really check out. I sit down. I'm reading the newspaper, and I just wolf down my food, just like that." Well, then for you, maybe eating is an excellent now practice to really slow down and methodically just be with your food, being really present with each chew, noticing what sensations occur. It's a very – it can turn an average meal into a gourmet meal by just being really, really present. It will also turn you into a slow eater, which I have to say I am. Those of you that have had a meal with me know that. So, there are some examples of now practices.

What I want to do now is open up the lines, and I would love to hear from you. I like to recommend that everybody take on two now practices and again, let's go back to the – the whole purpose of taking on a now practice is so as you step fully into two different now practices, two things that you're doing everyday anyway. It should be an activity that you're doing on a regular basis. If it's not something you do regularly – like let's say exercise; if you don't already exercise on a regular basis, probably not the best practice for you. I would pick something that you know for sure you'll do at least five days a week.

Okay. So that's one criteria and also, let me throw this in as a point – I like to think of interacting with other people as a more complex now practice, because there are so many more dynamics going on when we've got another person involved. So if you have one of your now practice that involves other people like listening to a spouse or making love, sex, another fantastic now practice, then pick a second practice that doesn't involve people, because what we want to do is when it's just you, there's an opportunity to deepen your presence, that experience of the now. Much more than when you've got somebody else that's continually fighting for your attention, right? Because we want you to be expanding this ability to be present.

So, we're going to open up the lines, and I would love for people to share what two now practices that you are committed to taking on over the next week, but really over the next month. Because as you do, what you'll find naturally occurs is that you become naturally more present in more and more areas of your life. Of all the lessons in my book, the one that is probably responsible for the greatest deepening of awakening and awareness has been now practices, bar none. It's almost funny sometimes that I notice going about things that I'm just constantly being aware of so much more than certainly 7 or 10 years ago. These little now practices are

super-duper powerful, and they'll have a powerful ripple effect in your life.

So, let's come back and open up the lines. If you press star two, that will allow you to raise your hand.

Catherine: I have two cool now practices.

Mary Allen: Yes.

Catherine: It's just been so fabulous to listen to these simple ideas restated, because they're all wonderful. So I want to do the unloading the dishwasher thing for sure.

Mary Allen: Okay, good.

Catherine: And then also opening the mail.

Mary Allen: Yes.

Catherine: Those are two things that will be fun, because I can target in and remember them and see what happens. It will be fun to see what happens.

Mary Allen: Really good. Yes. So have fun with that. Really just expanding the edge of it, just how present you can be with the dishwasher and opening that mail.

Catherine: Yes.

Mary Allen: Love it. Fantastic. Very good. Okay. Here we go. Westchester, New York, you're on.

Stephanie: Hi, Mary. It's Stephanie and my now practice will be driving.

Mary Allen: Good.

Stephanie: Because I find that I'm oftentimes driving and say, "Hey, I got home. When did I make that turn?" And the morning rush getting my children off to school sometimes I'm on automatic, preparing the lunches, preparing the breakfast, and out the door we go. So I think those will be two practices that I can become more engaged and more present in.

Mary Allen: Excellent. Love them. Love them. Love them, and you'll find with – I don't have kids so I don't have the experience with that one but

I can tell you with driving, how fulfilling whether it's a 10-minute drive or an 8-hour drive. It's quite remarkable about what occurs in a now practice with driving.

Stephanie: Great.

Mary Allen: Yes, have fun with that.

Stephanie: Thank you.

Mary Allen: Nice. So press star 2 to raise your hand. I will see who has now practices to share. I'm going to just check in our little webcast and see if any questions here. Okay. There. We've got a couple here. Fantastic. So let's go ahead.

Michael: Me?

Mary Allen: Yes, you're on.

Michael: This is Michael.

Mary Allen: Yes, Michael. Okay, great.

Michael: Okay. You know, one of the now practice was I've always wanted to do and I just never got around to it was focusing on a candle.

Mary Allen: Okay.

Michael: I'm going to give that a try over the coming week.

Mary Allen: Okay. And do you have a candle on your desk?

Michael: Not yet but I'm going to get one.

Mary Allen: Okay.

Michael: I know we have a lot of candles so just – it's just a matter of getting it.

Mary Allen: Okay. So, if I'm hearing this right, that you're going to maybe take what? Somewhere between what? Two and five minutes just to really get present with the candle on your desk each day.

Michael: Yes.

Mary Allen: Okay, good.

Michael: That will be one of them.

Mary Allen: And what's another one?

Michael: And the other one is something I already do although I only do it when there's nice weather outside which fortunately these days, we're having a lot of nice weather so it's working out, which is that I've been going out on the patio to have lunch.

Mary Allen: Yes.

Michael: And when the sun is shining, I sit down in a patio chair and the chairs are like searing hot. I mean, call me crazy but it is, I mean, an amazing experience to just have that rush of heat throughout your body. I guess it's kind of like, you know, those hot stones ...

Mary Allen: Right, right, right. As long as you're not getting burned.

Michael: No, no, no, no.

Mary Allen: Yes. But I understand what you mean about kind of that initial – so much like getting into a hot tub, right? There's sort of that initial like really, really super hot as your body becomes adjusted to it.

Michael: Yes.

Mary Allen: Yes.

Michael: And I'm noticing that I've been trying to pay attention to what exactly I'm feeling throughout my body when I do this.

Mary Allen: Lovely. Love it. Good. So – and here, so you've got the beginning of this patio and the lunch and just allowing that then to expand for the duration of your lunch, really seeing how much there is available – and especially if you're here, you're outside on the lunch time. I mean, what a delicious experience. I had lunch on my patio today as well.

Michael: Yes. I've got a couple more suggestions that I've done.

Mary Allen: Okay.

Michael: Well, since I actually met you in person back in December, I decided to take you up on your suggestion of the shower.

Mary Allen: Yes.

Michael: And just feeling everything and smelling was an amazing experience. I've done it a few times; although there are some days where I'll try to do it, and I just can't get into it. I'm not sure why.

Mary Allen: Okay. Well, and even there, you know, so it's great you're bringing that up. Especially when we're taking on a now practice, we may find that sometimes that we go unconscious about our now practices and even completely forget to do them altogether. I had one gal that she had the shower one and she would keep forgetting. She would get out of the shower like, "I forgot again to do my now practice. I completely checked out."

But first off, as soon as we notice that we've been unconscious, we're actually now conscious. So, even if you're having difficulty getting into presence, it's just be present with, "Well, what is capturing your attention now?" What are the thoughts? What are the feelings? Where is your attention going?" And so you can put your attention on that. You know, the thoughts that are arising and occurring and then, you can just gently shift your attention back to the shampoo bottles, back to the sensations of the water, now adjusting the water temperature.

Michael: Yes.

Mary Allen: Just to bring yourself back but notice – and this goes for anything when we're having a hard time getting present, it's like, "Well, what am I present with? What has got my attention?" And as soon as we focus it in one place, we actually get more present.

Michael: Yes.

Mary Allen: When it's dispersed, it's a little harder to determine.

Michael: Yes. Another one?

Mary Allen: Yes. Okay.

Michael: And then I'll let somebody else talk but another one is having a sip of either cool drinks like a nice cool, glass of water or a warm drink depending on how you feel and just paying attention to as it goes down your throat and as it goes down throughout your body. You can actually feel it going quite deep into your bodies if you're paying attention.

Mary Allen: Yes. Yes. Really good. I love that you're bringing your attention to that and another – you know, it's a great now practice too because chances are pretty good that throughout the course of your day, you're going to have – maybe drink something cold or drink something warm, and if you just make a note of anytime you go to drink something, really paying attention to temperature and then that filtration all the way down into your body. I love that as a now practice. I've not heard that one before either.

Michael: And I've noticed that it's – sorry, especially sensitive if it has been a while since you've had a sip of water or a sip of – something to drink. You know, it's almost like your body – the tubes that are going down into your body are dehydrated, and you can just feel them just rehydrating as that liquid is going down.

Mary Allen: Very good.

Michael: What fun.

Mary Allen: Right, right. I love that. Such a great one. Thank you for that.

Michael: You're welcome.

Mary Allen: Really good. Okay. So we're going to go here to Gaile in Sedona.

Gaile: Yes. Hi, Mary.

Mary Allen: Hi.

Gaile: Yes, I have two that I'm thinking of. One is making the bed. I love to make the bed, but I haven't been bringing now practice to it so I kind of miss it, you know.

Mary Allen: Yes.

Gaile: So, you know, I should be present with the texture and just the experience of straightening it all up in the morning. I love that and the ...

Mary Allen: I can see gratitude there and just – yes, just really embracing the experience of making the bed with delight.

Gaile: Yes, yes. And the second one is actually something that I do very rarely, that I want to do more regularly, and I'm clear that if I bring now practice to it, I can hardly wait to do it. And that's sweeping the front walk. Outside the front of my house, there are these

beautiful jasmine bushes blossoming. The smell is great. There are rosemary shrubs. There are little quail families walking around. I mean, it's an extraordinary place, and I always hate it when the leaves pile up against the door; but if I bring now to being out there, I think I can go regularly and sweep that off, have the experience of the deliciousness of my front yard and add in the piece where I don't have to feel upset if I walk up to the door and there's not a bunch of leaves sitting there.

Mary Allen: Right. Oh, I love it. Delicious. Sweeping the front walk. Who knew that this could be a means to deepening consciousness and presence, huh?

Gaile: I know not me until this call. Thank you.

[Laughter]

Mary Allen: Well, you're welcome. Thanks for sharing that. Love it. Love it, love it. Alright. I'm going to just go to our webcast and see if there is any others, and I know Stephanie is listening online. If, Stephanie, you want to type in your now practices, that would be fantastic. She added that, I go unconscious when trying to listen to someone who's not keeping my attention or rather I'm not able to keep my attention on them." Indeed. Okay, last chance, press star two to name your now practice. Wait. Just a moment to – there we go. We've got one more here. Okay. I can't see – I don't know if this is Michael or someone else. Okay.

Michael: Yes, it's me again. Well, if you have somebody else, please go to them, but I have a question about a now practice.

Mary Allen: Yes.

Michael: We're implementing a now practice with time.

Mary Allen: With time.

Michael: Yes.

Mary Allen: Okay. Go for it.

Michael: Well, one of the difficulties I have is being conscious of time.

Mary Allen: Okay.

Michael: I was wondering if you have some kind of exercise that – a now practice that somehow, I could practice that muscle of being aware of the passage of time.

Mary Allen: Okay.

Michael: Any suggestions there?

Mary Allen: Yes. Well, so let's dig a little bit deeper - in what context do you want to master time? Is it about being on time somewhere? Is it – like in what way would you like to improve your relationship with time?

Michael: It's being aware of the passage time in the coming – especially, when I'm coming up towards an appointment either that I need to be somewhere or I need to be on a call or something like that.

Mary Allen: Okay.

Michael: I'm just not aware of the passage of time. You know how they say time flies when you're having a great time?

Mary Allen: Yes, yes, when you're completely absorbed somewhere else.

Michael: Right. Well, it's always flying for me, I guess, so I must be having a great life.

Mary Allen: Yes, yes. Okay. Well, so let me just kind of feel into this for a minute. I would say a now practice for you is to take 15 minutes, say the 15 minutes before you have an appointment to be really, really present during that time. So it's like you're almost present to every minute of that 15 minutes prior to an appointment. So in a way, kind of really slowing down which partly means planning to be somewhere a little bit earlier, being mindful of when that 15 minutes before whatever appointment you have is occurring. Does that make sense?

Michael: Yes, except that it's much bigger than that. If I actually know that I only have 15 minutes left, I'm pretty good. The problem happens when I know there's an hour left and then an hour and a half passes.

Mary Allen: Okay.

Michael: Before I become aware of time again.

- Mary Allen:* Okay. So actually, there is another assignment that I can give for you, and actually, I'm going to have to find this resource online. I don't know if somebody else is going to be aware of this resource but there's a place you can go online and you can actually set timers for a little time to go off – you can do the top of the hour. You could do it every half hour, every 20 minutes. I wish I could remember this resource off the top of my head, but you basically set your computer so that it's letting you know and you pick your time block. Okay, every 15 ...
- Michael:* Yes, I have something like that.
- Mary Allen:* Yes.
- Michael:* And it actually announces the time every 15 minutes.
- Mary Allen:* Okay, perfect.
- Michael:* I get so absorbed that I don't even hear that.
- Mary Allen:* Okay. So this is your now practice. Your now practice is when that is occurring, is to stop and really be present with the time, with the notification and to stop and breathe and just get really present in your environment with what's going on and that's actually the purpose of this website. We talked about it, sort of a meditation website to remind you to stop and take a moment of stillness. So for you, instead of not hearing it, when the alarm goes off, it's stopping and absolutely making it a discipline to stop, get present for an entire minute about what's occurring in your experience, in your body and everything else. You up for taking that on?
- Michael:* Yes. If you think that it will help, I'm game to try it.
- Mary Allen:* Absolutely. You've got it.
- Michael:* Thank you.
- Mary Allen:* Good, and let's see. We're going to go to Las Vegas here. Las Vegas, you're on.
- Stephanie:* I believe the thing that you're talking about called is called *focus booster*.
- Mary Allen:* Focus booster, okay.

Stephanie: I've heard about it, but I haven't actually tried it. I think I need to. The whole reason I was raising my hand is to share the things that I'm going to be focusing on is listening to my husband and when I'm eating.

Mary Allen: Beautiful. Two phenomenal NOW practices. Excellent, excellent. Alright. Great job. Since we're a couple of minutes after the top of the hour, just any last questions? You can press star two to raise your hand, if you've got any final questions before we wrap up for tonight. And now, I'm going to just wait a moment since there is a little bit of a delay.

Okay. I'm just going to open up the lines here and before we sign off, what I would like to do is just check in and here. What's something of value you're taking from today's call?

Michael: This is Michael. I am going to really try – sorry. I am going to really do this exercise of being present every time that this alarm goes off.

Mary Allen: Perfect, perfect.

Michael: I'm very encouraged. This is the first time that somebody has actually had a suggestion for me, and I really appreciate it.

Mary Allen: You are very welcome. I can't wait to hear about it, and I hope you'll share in the forum about how that goes for you. Excellent. Who else? Something you're taking of value from today's call. We've got just the lines open.

Gaile: Well, this is Gaile.

Mary Allen: Yes, Gaile.

Gaile: The thing that's really valuable to me from this call is being on this call with a whole bunch of people willing to share. I got stuff from everybody's sharing, sparked new ideas for me and things like that. So I'm just grateful for the community and that's of value to me.

Mary Allen: Yes. Thank you. I agree. There's just so much more dynamic when we hear from others. And what are you taking from today's call? If there's anything else, just one more here. We've got Stephanie in Vegas. She's going to be practicing listening even when she thinks she's bored. Practice listening to the person in the conversation to stay present. So, blessing the person, being grateful for them and also just turning up the volume. What are they really saying?

What's really behind their words, the feelings, the emotions, all of that, really good. We've got one more here in Redwood City.

Claudia: This is Claudia.

Mary Allen: Hey, Claudia.

Claudia: Hi. One thing that I'm realizing is the resistance to do the "now." Just because I am trying to do a daily thing on following the diet and that's one of the things that they say is to be "in the now." They ask you at the moment that when you eat or when you feel full, to write it down and what are you feeling in that now, in the moment. I see that even though I've been willing to be successful at that, I've also been resisting that part, because it has been difficult for me to just take that moment to really figure out where I'm at.

It could be as simple as just realizing that it's time to eat, whether I'm hungry or not and taking the time just to write it down. I see now after going over resistance on Saturday and then listening to about the *now* that really is important and knowing where you're at. And what you're doing about what's going on with you physically inside and out.

Mary Allen: Yes.

Claudia: It's a process. It's like you say. It's a practice.

Mary Allen: It's a practice and the more that you do it, and the more even just being present to the resistance to the now. As you get present to that, there's something that happens when we bring presence to anything that it helps dissolve resistance.

Claudia: Yes.

Mary Allen: So ...great noticing. I really appreciate you sharing that because I imagine there is at least a few others on the line here that experience some resistance to the now as well. I think it's very common.

Claudia: Thank you. One thing I wanted to say that Michael was sharing about how his time and the candle is that I do yoga, and there are times that I can really clear my mind easily. Then there are times that it will take 20 - 25 minutes before I really start getting that chatter out of my head. It is a practice. I mean, continuously.

- Mary Allen:* And everyday is different and it's only when we can allow the chatter to rise and be present with it instead of fighting it mentally in our minds that we can begin to relax and that – not be the dominant part of our experience.
- Claudia:* Yes, and what you just said is how we change everyday. It's hard to stay on top of ourselves and who we are, period in – yes.
- Mary Allen:* Yes. That's why we want to bring – with everything that we do is really bringing that sense of compassion.
- Claudia:* Exactly.
- Mary Allen:* That compassion, that presence to everything we do. Thank you, Claudia and a pleasure to meet you on Saturday in San Francisco.
- Claudia:* Yes, it was a pleasure.
- Mary Allen:* And looking forward to meeting many more of you over the weeks to come in Dallas and in Newport Beach and of course, on our upcoming call. So, if you go to the Momentum Forum, you'll see an outline of upcoming calls so you know week to week what we're going to be talking about. I so look forward to being with you.
- Our next call – our next Momentum Call is actually going to be on July 6th at 5:00 PM Pacific time and the focus is really on *Good Vibrations*. So it's a good time to go and read or reread lesson number two from *Power of Inner Choice*. We're really going to be talking about the essential practices for your success and inner peace. So, that's what we have to look forward to in July. Stay tuned in the forum and go and get yourself acquainted. I'm blown away every time I go in at just the quality of the people that are playing in our forum.
- So, go visit the forum, and let us know who you are. We'll be in touch over the next few weeks and with that, I just want to wish everybody a phenomenal evening. We'll talk to you on July 6th. Bye, everybody.
- Participants:* “Thank you very much, Mary.” “Thank you.” “Bye!”
- Mary Allen:* You're welcome. Bye now.