



Solution Oriented
Creative Coaching©

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LIVING IN THE PRESENT

Living in the Present is a dynamic form of mindfulness meditation, which combines movement, silence and dialogue to help us learn to accept and trust our life experience - just as it is. It is a holistic approach that engages the body, mind, emotions, and breathe synergistically. By connecting with the breath, moving awareness into the body, witnessing our thoughts and opening the heart, we can focus on the moment and experience the joy, peace, wisdom and power of being present.



PRACTICE HABITS OF BEING

- * Learning to become present - any time, anywhere
- * Develop the skill of deep listening
- * Increase the ability to respond (responsibility)
- * Conscious breathing for well being
- * Get free of unnecessary suffering
- * Releasing stress and transforming fears
- * Discovering your vision and your life's work
- * Focusing wise attention on your wise intentions
- * Fostering conscious relationships & mindful communication
- * Generating loving kindness and compassion for your self & for the human condition

Attitude, Principles and Steps

The following attitude, principles and steps can be practiced while - sitting, standing, walking or lying down and moving.

Attitude

Generate loving kindness & compassion for yourself and for the human condition

Principles

- * Look and see.. (Notice)
- * Let it be.. (Accept)
- * Be free.. (Let go)



Steps

Inhaling & exhaling:

- * Connect with your breath..
- * Sense your bodily sensations..
- * Notice your thoughts..
- * Feel your emotions..
- * Accept this moment..
- * Rest in the present..

Here are a few examples of practice:

How can we learn to see past the obvious? The word '**attention**' is derived from the Latin *ad-tendere* -- to stretch toward. Paying attention cannot be done in passivity. It demands intentionality, choice, and awareness. I don't think it matters much what tricks you use as long as they remind you just to pay attention. **Paying attention to our surroundings:** I was walking along the road one day when I saw a man walking in front of me, going where I was going. I didn't like the look of him, even from the back, and began to elaborate nasty thoughts about him. I could have gone on doing so or, more likely, have gone into self-recriminations for being so horrid. Instead something reminded me to pay attention - opening myself to the whole passing scene. There was lots to attend to - the trivial ever-changing thoughts, the emotions they stirred up, the buildings passing, feet walking, golden squishy autumn leaves on the wet pavement glistening in the light of the street lamps. I paid attention to all of them without singling any out. The thoughts and judgements dissolved and everything was clear. It felt like dropping into the present. The nasty thoughts did not survive the light of attention. **Thoughts dissolve on paying attention.** This means that when we are present, we are not caught up in our thoughts.

Paying attention to emotions: I woke up yesterday morning feeling awful - lethargic and down. I might have ignored this and struggled on, convincing myself that I was really happy. After all, in our culture it is almost required that good people are happy all the time. Paying attention made the pain, slight though it was, at once both obvious and unimportant. It was very short lived. Paying attention has an odd effect on emotions. When I "Stare into the face of arising emotions" they quickly dissolve. This means going toward what I am feeling as opposed to away from what I am feeling. It means allowing myself to participate with the reality of what is happening, what's felt and the reality of being human.

The real difference was the loss of all that extra trouble - the thoughts about the emotions, rejecting them or feeling guilty about them, encouraging them, wallowing in them or running from them. **But there was none of that.** Paying attention there is just the pain, or the delight, or the anguish, or the joy. **Appropriate action follows without further effort.** **But still, paying attention seems to be the way to live fully the emotional ups and downs of life without getting swept away or imprisoned by them.**

Here are some tips to help you pay attention to your thoughts:

1) Listen to the Voice Inside Your Head and Write it Down

When you start to become an observer of your thoughts and feelings, (such as re-living, speculating, rehearsing, judging or imagining) rather than being identified with them, you will realize that you get to control what you think and how you choose to feel about anything. Believing that we are in the driver's seat of our minds allows us to stand in our own power and Steer in the direction we want to go as opposed to being Steered by our thoughts. In this way, think of your thoughts and feelings as dashboard instruments. Or perhaps think of it in terms of being a gerbil - by entertaining the same old thoughts and feelings, it's like a gerbil - seemingly working hard but never getting anywhere.

- a) ***Listen to the voice in your head as much as possible.*** Maybe instead of the 'voice' you see images of different scenarios, imagining things that could go wrong with various outcomes etc.
- b) ***Become a curious observer of yourself and write down your thoughts and feelings.*** Journal. By writing down your stream of consciousness you begin to gain enormous clarity as the act is sort of a self-disclosure. Writing things down acquaints us with our problem areas and concerns. By looking at, figuring out and getting out all of the jibber jabber in our head, we become more clear and focused and able to focus on more important things. **Julia Cameron states, "Most of us find that as we work with the morning pages, we are rendered less rigid than we were. The pages have allowed us to vent without self-destruction, to plan without interference, to complain without an audience, to dream without restriction, to know our own minds. Give them credit for the changes and growth they have fostered. As we begin to pry ourselves loose from our old self- concepts, we find that our new, emerging self may enjoy all sorts of adventures."**
- c) ***Writing things down nudges you into the present and gets you to pay attention.*** This allows you to have a clearer image of yourself - we begin to see that our emotions and moods are constantly in transition. Your perspective on things will be different and will take on new meaning as there will be a shift in your identity. We figure out and are able to get specific to the meaning attached to "I feel okay.." Does it mean I feel comfortable, satisfied, pleased, detached, numb, tolerant, accepting....we learn the specifics and gain insight/clarity by paying attention.



