



HOW LIVING IN THE MOMENT CAN HELP

Today I want to talk to you a bit more deeply into one of the tips that I gave you in the last video. I offered 10 tips in the last video about how to lower stress and quiet mental chatter. And one of the tips that I got feedback on was the tip about checking your stories about past and future. It's a tip that people aren't used to hearing when they hear about how to lower stress and so I want to go a little bit more deeply into that today for you.

I want you to imagine right now that you are in a canoe. Imagine being in a canoe by yourself. You're paddling solo. I have done a good of canoeing in my life and my favorite way to paddle is to be alone in a canoe especially at night. It is a wonderful thing! It is so incredibly calming. But imagine that you're paddling alone, and that you decide that you're going to sit in the front of the canoe. You'll notice as you're paddling alone that the back end raises up and you're not nearly as balanced or stable. Now imagine sitting in the very back of the canoe. The bow of the canoe rears up and you are not very balanced. The only place that you're balanced in a canoe by yourself is in the center of the canoe.

You could think about that metaphor in terms of the past and the future. When you're living in the past, when you're dwelling on things that have happened in the past, you are actually dwelling in your imagination, not in the present moment. You're living in your thoughts about something in the past. And if it's a painful memory, then you are going to be feeling pain as you sit in that memory, the back part of the canoe, if you will, then you are going to suffer.

I'm not suggesting that you never touch back into the past, of course we do. I'm not

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suggesting that you don't touch into painful memories. Sometimes we need to revisit them and bring some healing there. I am suggesting that by dwelling there day in and day out, then you are going to suffer. And the same is true when you are imagining the future. We do this a lot and I think especially right now in the current climate of our nation and the world. We have a lot of fears about the future and what may be coming down the pike. The idea is that it can be useful to look to the future, it can be useful to plan for the future. But again, when we are living there, when we're dwelling there, when we're taking up residence there in the future, then we are living in our imagination, and we are going to suffer if we're imagining a painful future.

The truth is that there's no possible way to know what's going to happen in the future. There's no possible way. The truth is that we only have access to our wisdom, resilience, and our way forward from the present moment. That's the only place that the answers are available to us. They come from this present moment.

The idea then is to live in the present moment, to paddle your life from the center of your boat. When you're caught up in stressful thoughts and feelings, you can be assured that you are not in the present moment. When you're caught up in stressful feelings of the past and the future, that's your wake-up call.

You could think of like an alarm clock. It's good, right? It's an alarm clock to wake you up to how you are not living in the present moment. The idea is to catch yourself, is to wake up. "Oh, I am not in the present moment", and then do whatever you can to bring yourself back to the present moment.

In the eBook that I gave you access to in the last video, I go into 10 tips about how you can actually bring yourself back into the present moment so be sure to grab that. I'll offer a link to that here as well so that you have access to it. But your way forward is to live from the present moment, to anchor yourself in the present moment. And then you can touch lightly into the future and you can touch lightly into the past. But don't take up residence there. Live life from this present moment.

If you're listening to this, you already have a 100% survival rate. You have a 100% survival rate, you've made it this far, you've made it this far, and you have everything you need to take the next step today, whatever that step may be.

So, bring yourself back to the present moment. Breathe into that moment. Calm yourself. And as you do that your clarity is going to return and you're going to be able to find your way forward.

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