

LIVE EVERY MOMENT

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-Tanu Goel

"I'm now learning how to consciously live in the present and, when necessary, to apply the knowledge from the past that I need now, in order to take action. This means that I also have space to plan for the future."

-Bettina Benesch

To live in the moment, or now, means being conscious, aware and in the present with all of your senses. It means not dwelling on the past, nor being anxious or worrying about the future.

When we concentrate our attention on the present we focus on the task at hand. We give our full attention to what we are doing and we let go of the outcomes.

Seizing each moment in life allows us to prolong its value and make it more meaningful. Rather than seeking quantity of time; when we live in the moment, we enjoy and savor every minute. We don't sacrifice quality for quantity.

Of course, this doesn't mean we don't need to plan, set goals or prepare for the future. We can do all of these things and still enjoy each moment as it unfolds.

For instance, if we have set a goal to exercise each day, we would carry on with it while enjoying the actual process, or moment, of exercising (or at least be in the moment of it). When we train ourselves to live in each moment, we immerse ourselves in it and begin to discover its beauty and wonder. We learn how to focus and how to manage our energy. Professional athletes understand and employ this kind of focus very well. They know that accomplishment and success are a result of the skillful management and balancing of energy. To make every moment count, we must embrace it. Everything we do and every person we come in contact with deserves our full attention. Even when resting, we should savor the moment. It gives us the opportunity to recharge, renew and gain clarity.

Quite often, we put huge expectations on ourselves and our lives. We rush to do this, hurry up with that, without actually enjoying the process. What's the rush? Where do we think we're going?

If we don't stop and think about where we're at, we're probably missing the point. Instead, when we appreciate each moment and garner the lessons from it, we live consciously, purposefully and responsibly.

Likewise, when we live in the past and don't let go of painful experiences, perceived wrongs, or difficult times, we condemn ourselves to a present and future of the same kind. We cannot change the past. We can, however, come to terms with it, know that it's over, and move on. Living in the moment means letting go of the past and trusting the future. When we are positive and optimistic in the present, we open the possibility of a positive and promising future. We owe it to ourselves to make every moment count - now!

Greater Self-Control

You have greater control over your mind, body, and emotions. Imagine how much better your life would be if it weren't at the mercy of a racing mind, and unpredictable emotions. You would certainly be more at peace, and much happier.

Tips for Living in The Moment

- Train your mind to focus on the current activity.
- Engage in, and feel what you are doing. Enjoy the process.
- Learn relaxation techniques such as meditation, deep breathing and visualization in order to be present in each moment.
- Take notice of your surroundings - sights, sounds, smells, ambiance.
- Listen attentively to the conversation of others, music, even silence.
- Savor your food and drink. Taste each morsel.

Better Health

By reducing stress and anxiety, you avoid many of the associated health consequences, such as high blood pressure, heart disease, and obesity. Studies have shown that being present can also improve psychological well-being.

Like all skills, training yourself to enjoy and live in the moment takes time and practice. Begin now and see life from a fresh, new perspective. Carpe diem!

You could say there are two doors in life: one with 'past' painted on it in bold letters, the other with 'future'. One we know; the other is uncertain. But we also have something else: the key to both of these doors, labelled 'present'. After all, it's in the present moment, the 'here and now', that we decide how we will deal with past issues and what direction we would like to take in the future. Living in the moment is the key to a fulfilling life, according to Dr Fuschia Sirois, who is a reader in health psychology at the University of Sheffield, UK. "It's of paramount importance to have a balanced perspective of time and to involve the past, present and future in our lives equally," she explains. "For instance, many people think about the future, but they don't see it as a part of their own life, or a part of who they actually are. We have to unite with our

future self and bring it into our lives.” For instance, we can decide how our future can and should look and what things would make us feel fulfilled, happy and full of joy.

“The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.”

-Buddha

Tanu Goel

Shyam Lal College (University of Delhi)



Navigated to LIVE EVERY MOMENT