

## **Techniques for Being in the Moment**

1. **Breathe:** The act of drawing in a slow breath will re-focus you and assist in quieting your mind. Three breaths can take you into a present moment space. Allow your breath to take you, rather than you taking your breath without conscious awareness in that moment.
2. **Non-projection of energy:** Point your energy inward. If you project thoughts and ideas outwardly you are drawn into an energetic exchange with that other energy. Consider the idea of not projecting at all. Rather than sending out the energy, BECOME the essence of the energy itself; for example: BE LOVE.
3. **Being in your space and staying in the moment:** This process begins by pulling yourself in, just using your conscious intent and focus. A way to do this is to extend your arms out from your body, as if getting ready for a big hug. Focusing on that thought, begin to bring your arms in closer to yourself, enveloping and holding your own incoming energy. Bring your hands to your belly button. Continue telling yourself that you are “here”, “present” and ask yourself to be “All Here.” Hold your hands on your belly button for about 10 to 15 seconds, be in the moment and bring a good feeling of love into yourself.

**Remember to do what you love to do, bring your passion into every aspect of your life (physical, emotional, mental and spiritual), center yourself in the moment, be unconditional with yourself and hold compassion for others. Be your True Self.**

